



WEDNESDAY, JULY 13, 2022

## Learn the First Law of Self-Liberation

Key Lesson: Just as the Light of Truth is Timeless, so too are its Laws; the soul that learns to embody and serve their celestial purpose soon realizes liberation.

Key Lesson 2: Those whom we suffer and resist, resist and suffer us at the same time.

### Talk Takeaways

- Human beings cannot change themselves without the help of something that intervenes between them and their tendencies.
- If you ignore the celestial laws of life, you do so at your own risk. You can't ignore a true law without becoming anxious.
- There is no unnecessary suffering that is not born out of a lower order of consciousness believing that it is a law unto itself.
- We suffer from not knowing the laws of our own consciousness.
- We are a slave to each and every image that we have of ourselves.
- Whatever you feel compelled to control, controls you. The cost of ignoring that law is to spend your life in the futile attempt to find peace through winning a war.
- Whatever unwanted moment you try to go around comes back around again.

- If we are made in the "image of God," then we are the embodiment of, a participant in, and feel the effect of all the laws that made creation. Those laws act upon us whether we are conscious of them or not.
- Every time you meet an unwanted moment there is another opportunity to understand a law of life.
- Any time that you resist the outcome of a celestial law that you were ignorant of, all that you do is place yourself under more and more laws.
- The more laws you live under, the more you suffer. The less laws that you live under, the more free you are.
- When someone breaks one of your own personal laws, your mind thinks about how to punish the lawbreaker.
- Those whom we suffer and resist, resist and suffer us at the same time. Whoever or whatever you push away will push back at that instant.
- The very action of trying to push something away is the same as trying to push away the consciousness of your own experience.
- We human beings have the capacity to be aware of the laws that we live under, and thus use those laws for the benefits of self-knowledge.
- Our consciousness is always drawing to itself what it needs to be complete. We have the capacity to become aware of that law.
- You are liberated according to your capacity to understand the laws that you are living under.
- Your experience of a moment is the outcome of the laws that are influencing your consciousness at that moment.