



WEDNESDAY, JULY 20, 2022

This Shocking Secret Frees You from the Prison of Painful Resistance

Key Lesson: Part 1: There can be no painful resistance to any moment of life that isn't born of some unseen form of insistence that it unfold only as we've imagined it should.

Part 2: While it is possible to have thousands of different kinds of life experiences, there can be no possible change in the way we experience our life...that doesn't begin with transforming the level of consciousness responsible for that perception.

Talk Takeaways

- There is no more important time for you to do your spiritual work than when you least want to do it.
- The whole of this work is being willing to remember, when you don't want to remember it, that you had set an intention to be a certain type of being now and not later.
- Spiritual work begins when the question dawns on you: Why are there so many things that can so easily make me negative?

- You are not a captive of the event that you are reacting to. You are a captive of identification with the reaction that blames the event for its captivity
- Not one good thing comes out of resisting and pushing away an unwanted moment, and yet it seems like a good course of action most of the time to the consciousness that does it.
- Our consciousness cannot change itself anymore than any creature in creation can change its nature. Character transformation takes place when one sees their actual character, and the action of revelation itself brings about the change.
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- To be identified with anything is to insist that the conditions that created that identity remain in place.
- You cannot be in a negative state without being unconsciously identified with something.
- Without insistence there would be no ugliness between human beings. You become an ugly human being when you are negative over not getting what you want.
- Someone who is always insistent does not have a life that flows naturally, open to whatever the moment brings to show him about himself.
- See the connection between insistence and fear, anxiety, worry, anger, depression, and every other painful negative state.
- You can spend your life blaming life or you can spend your life using what life reveals to you about your consciousness and be set free.
- The suffering that is inherent in an unconscious divided mind is useless suffering.

- Observe in yourself the connection between resistance, insistance and identification. Don't judge yourself for what you see. Understand that it is a process of revelation.
- Never blame another human being for how you feel. If you make that intention, you will see that you can't do it, which is the point of setting the intention.