



SUNDAY, AUGUST 14, 2022

Realize the Unimaginable Truth that Sets You Free

Key Lesson: The imagined time of "rest" we seek is, in fact, the same as an invisible burr beneath our saddle, as whatever form of comfort it is that still eludes us doesn't exist without some corresponding sense of discomfort that keeps spurring us on.

Talk Takeaways

- My reaction to what I don't want from life validates my pain.
- The world we see isn't the problem. The problem is the way we see the world around us and ourselves within in it.
- I'm in an endless struggle with the world because I am in opposition to anything that opposes my will and what my idea of life is, and what I'm supposed to get from it.
- Try to be someone who hears and sees, who then understands the necessity of being a new human being.
- Our conflict with life arises out of the structure of self itself.
- Everything about my identity is a derivative of something imagined and not real. It's our present feeling of "I" that we believe is real.

- "The unimaginable truth that sets you free" is something that thought cannot create.
- The journey to liberation is not in steps.
- "Where there is learning, there is no storehouse; there are no steps I'm going to climb to reach God or Utopia or the final glorious ideal. There is only one step... they see there is only one step but can't go beyond it... when we see there is only one step and we don't know how to meet that one step, there is unending despair because we want to climb the ladder. There is no despair if I really see there is only one step. There is no reaching, no gaining... leave all that to the theologians, leave all that muck to somebody else. Then you will see what beauty is." -- Jiddu Krishnamurti
- Thought is an unending escalation of acquired knowledge.
- "He who finds his life shall lose it. He that loses his life for my sake shall find it." -- New Testament
- Anytime you are thinking about yourself you are in a struggle with yourself.
- I believe I am something different from the problem I am trying to solve.
- "Know the truth and the truth shall set you free." In this case, "truth" refers to a mind that is free from pretense, imitation, falsehood, and self-deceit -- i.e. all the knowledge it has acquired in an attempt to set itself free.
- There is something in our consciousness that is forever opposing everything that it perceives.
- Not one thing you add to your mind is going to free you from the self that causes the mind to want what it wants.
- The world is a reflection of our consciousness.
- The mind always tries to reduce the moment into something that it knows.
- The only way to be saved is to fully acknowledge that you can't save yourself.