



SUNDAY, OCTOBER 16, 2022

Release Yourself from Painful Reactions with a Single Realization

Key Lesson: We are never judged for whatever may be our present degree of spiritual blindness. Only when we turn a blind eye to a truth Life asks us to see about ourselves do we unknowingly judge ourselves, and where the suffering that follows is the result of having looked away.

Additional Key Lesson: Whatever the suffering of this day will be the suffering of tomorrow unless - and until - its unconscious source is illuminated, realized, and transcended in the same moment (it's) revealed.

Talk Takeaways

- If everything you can imagine could provide the contentment you seek, then you would be content by now.
- When you go looking for something outside of you, you never find what you're looking for, because what you're really looking for is already within you.
- The human body is a seed, and its development is not dissimilar from that of an acorn. Both have built-in to them a pattern and form and a destiny.
- Our consciousness is a seed and can only grow into something else by dying to what it was before.

- The only time the experience of life seems like something out of hell is because we have inherited, become identified with, and are trying to hold on to a heaven made in our own image.
- Before we get negative, there is something in us that has said "No" to the moment, wearing a sign that says, "Do not disturb." There cannot be a negative state without resistance.
- The feeling of resistance comes with the feeling that something in life is opposing you.
- A person would not have to think about the need to be kind without there existing something that is unkind. This goes on in a consciousness that is in conflict with itself.
- Looking at what your mind is pointing at to blame for a negative state is looking in the wrong direction.
- Real life is a divine disturbance that is intended to agitate the seed for its own growth.
- We are created to be the witness of our own rebirth, which must be preceded by a death that is also witnessed.
- What is opposed to rebirth wants to make sure that you are never disturbed.
- You are intended to be a receptacle that is poured into, and then poured out. You are meant to be the witness of what comes in and what goes out.
- The present human solution to an identity crisis is to find another identity.
- Consciousness cannot overcome the content of itself.
- What if there is no such thing as failure or success, save as an idea of the mind that must create those things in order to temporarily exist as it imagines?