



SUNDAY, OCTOBER 23, 2022

Release Your Resistance to Life and Realize Your True Self

Key Lesson: Part 1: There is no map to the Kingdom of Heaven that isn't out of date the moment we set out to follow it.

Part 2: Consider the one most free who has learned to see, even in adversity, the Good... whose unfailing Light shines on even in the darkest night.

Talk Takeaways

- There are three forces that are essential in the action of creation: an active force, a passive force, and a reconciling force.
- Is there any painful moment in our lives that is not preceded by resistance to something?
- There can't be resistance without something in our consciousness that describes the moment and blames its pain on something outside of itself.
- The usual binary reaction to unwanted moments is fight or flight.
- Our usual view of resistance is from the dark side of it, which is what turns it into something negative and a threat to our personal identity.
- What is missing from the dark side of resistance is light.

- The light side of resistance is the revelatory side of it. Natural resistance cannot be separated from revelation.
- We would not be able to see objects with our physical eyes without resistance. In a similar fashion, resistance is revealing the content of our consciousness.
- We don't see into our own consciousness because our consciousness mechanically shuts out anything that would reveal it.
- The task is to make resistance our assistant, understanding that, in its original form, it is a revelatory force.
- Use unwanted moments to turn your attention around and become a witness of the resistance instead of an unconscious instrument of it.
- To be on the light side of resistance means to be aware of the temptation to be pulled along by the dark side of resistance.
- The only thing that troubles us about other people is what we want from them, which is connected to the never-ending maintenance of an imagined identity.
- The psychological root of addiction is an attempt to be someone that you imagine you have to be.
- Without light, there is nothing to see.