



WEDNESDAY, JANUARY 4, 2023

## **Out with the “Old Addictive Self” and in with a New Dedication to Be Free**

**Key Lesson:** There is no such thing as a compulsive pleasure, let alone a contented "slave" that lives under its lash; and yet billions of human beings serve some form of addiction, willing to turn a blind eye to how much they suffer for the sake of a pleasure they cannot keep, a security that cannot be possessed.

**Special Key Lesson:** At the center of its dark heart...addiction is the love of a promised pleasure, of some freedom to come; in short, all forms of addiction are inseparable from our (almost) incessant search to escape some form of suffering, to end (our) painful sense of still being incomplete.

### **Talk Takeaways**

- True exploration of your consciousness cannot be for the purpose of escaping from something, nor to confirm what you already know.
- The definition of "insanity" is doing the same thing over and over again, and hoping for a different result. The same could be said about "addiction."
- "Addiction" connotes the idea of unwilling service to something that is harmful.
- Addiction is suffering for the sake of bringing an end to suffering. This is a consciousness that is set against itself.

- The consciousness that is in a ceaseless state of pain ceaselessly searches for pleasure.
- No form of addiction can begin without some form of temptation, and the root of every temptation is the wish to complete oneself.
- What we are really addicted to is identification with the consciousness that looks for resolution to the pain that it is creating.
- No addiction belongs to you. It belongs to a part of you that wants to escape from the pain of itself by finding a pleasure in a time to come.
- An addiction at its root belongs to an unconscious nature that is addicted to the experience of itself.
- If you want to be free, then you cannot keep falling for the temptation to give this unconscious nature what it wants in order to protect itself from pain.
- Any true action that a human being takes happens because he or she has seen something about him or herself.
- The onset of any painful resistance is the evidence of an unseen addiction that is hiding in you.
- Stop feeding the addiction by seeing that you would not need to seek freedom without the part of you that believes it is a captive. Awareness of these opposites at once is the same as not feeding the unconscious nature that runs in these familiar circles.
- Real needs never go away. False needs are meant to go away.