



WEDNESDAY, JANUARY 25, 2023

How to Awaken and Practice Immaculate Compassion

Key Lesson: Nothing makes us more common and unkind - more like everyone else we judge - than identifying with familiar painful negative reactions that seem to prove we're somehow different, superior to those whose character we hold in contempt.

Additional Key Lesson: Anytime we act out - identify with, and express - the pain of some negative reaction, we add to the pain that we've just acted from; and it's not just we who are adversely affected in that moment: in whatever measure that will eventually prove itself true, we (unknowingly) increase the suffering of everyone, everywhere, across all of time.

Talk Takeaways

- All true spiritual teachings have a singular purpose, and that is to call human beings into another world that already exists within them.
- An unconscious nature within us believes that it is superior to everything that it judges.
- The love that lifts a person above the loveless world of thought has an infinite capacity to recognize perfect similarity.
- Every thought that claims to be there to protect you is actually there to punish you.

- Rather than bringing everyone closer to similarity, judgment painfully increases the distance between yourself and others.
- All judgment of others is connected to some form of unconscious comparison, which is connected to memory, the past.
- The more pain there is in the negativity of judgment, the more it seems to prove that the judgment is justified.
- The conflict and pain you feel in the moments that you judge something is not caused by the thing that is judged.
- Your experience cannot be separated from your consciousness. Your experience is not the result of events outside of yourself.
- Real forgiveness happens when you have been lifted above the consciousness that resists what it blames outside of itself for its experience of life.
- Compassion is the realization of similarity. Negativity, disdain, resentment, anger, blame, etc. are the denial of similarity.
- You sell yourself anytime you identify with thoughts and feelings that promise to save you from a present pain and deliver you to a pleasure in a time to come.
- No one expresses negativity who is not trying to escape from a pain that they do not know how to relieve, and that they are not even fully aware of.
- The mind is compelled to attribute the pain that it has registered on something outside of itself that is judged to be the cause.
- Be more interested in the pain that is inherent in the judge than in what the judge is pointing at as the cause of the pain