



WEDNESDAY, FEBRUARY 1, 2023

Lessons in Liberation from the Great Mandala of Life

Key Lesson #1: All psychological suffering is born of unconscious resistance to life; it is the bitter fruit of the futile attempt to prove that our sense of self exists outside of the conditions that give rise to its revelation.

Key Lesson #2: Our attachment and identification with any image is an unseen addiction to the thrill of victory followed - as it must be - by the agony of defeat.

Key Lesson #3: Any form of painful demand - whether on others, or upon ourselves - is born of some form of unconscious attachment; it is proof of a level of consciousness that would rather cling to what has been, than allow Real Life to help us see we are the body of each new moment, the eyes that see it take birth, and the Divine ground into which all things created must return.

Talk Takeaways

- "A house divided cannot stand." This is referring to the consciousness that sets itself against what it sees as being separate from itself.
- Negative reactions are the evidence of an unseen contradiction in our consciousness that puts us into conflict against people and events that are blamed for the negativity.
- Whatever is offered on the level of thought as the resolution to conflict is the continuation and strengthening of the conflict.

- We will continue to run in circles until we reach the realization that the consciousness itself is the problem-maker. What that consciousness is pointing to is not the problem.
- The lower level of consciousness is always trying to rescue itself from the conflict that it has created. That's a divided consciousness.
- We are created with the capacity to let light into our consciousness and reveal the contradictions that lead to conflict.
- The divided consciousness is already in conflict before the event that comes along to reveal the conflict.
- What is alive and real is resisted because it is compared to what the mind believes it should be.
- Something in life cannot be unacceptable unless there is already an attachment to something else that is acceptable. The source of negativity is identification and attachment.
- Healing does not come about through identification with things that seem to promise freedom in a time to come. Healing comes about through attention on the divided consciousness that creates conflict.
- Part of the genuine beauty of any moment of real life is the fact that it ceaselessly changes and moves.
- Allow the wheel of the moment, which will inevitably include negative reactions, to keep turning.
- Conscious acceptance of the moment is the sacrifice of the consciousness that resists the moment.
- The mind wants to stop the moment so that it can take something from it. But a cup that is full cannot be filled with anything new. It will resist being filled with anything new.
- Judgment of yourself is identification with something that you think you have achieved. See it and let it go.