



SUNDAY, FEBRUARY 5, 2023

## **Discover the Healing Light in Any Dark Moment of Life**

Key Lesson: Here's an inconvenient truth: being "sorry" changes little, to nothing; only (spiritual) sorrow can help lead us to the liberation of transcending the unrepentant self.

### **Talk Takeaways**

- Everything that you suffer from psychologically is the product of living from an attachment to an ideal that you don't know you live from.
- The consciousness that reacts violently to events cannot be changed through its own reactions.
- We cannot change the world we see around us until we change the way we see the world.
- The pain of resistance isn't caused by the condition or person being resisted. Another person could be experiencing the same condition and yet not be in pain over it. The pain is the resistance itself.
- The feeling of captivity cannot be resolved by any new power or possession that the mind looks for. The feeling of captivity comes from identifying with the powers and possessions that the world offers.

- The seeking of anything to protect ourselves from fear is the very source of fear. The seeking of anything to console yourself from psychological pain is the continuation of that pain.
- The light that reveals the consciousness that is passive and asleep to itself is there to order that consciousness and put it in its proper place.
- The task of transformation is here and now, and never in a time to come. The dream of tomorrow is complicit with the continuity of the consciousness that is dissatisfied with here and now.
- The mind-numbing commercials on TV are the manifestation of the consciousness within all of us that is always looking for ways to escape itself.
- Spiritual light reveals the content of the consciousness that it enters into, making what is in the darkness momentarily aware of itself.
- Revelation changes the relationship between the observer and the observed. The ultimate realization is that the observer and the observed are a singularity.
- It's common sense: a consciousness that attempts to hide from the light of revelation cannot grow, cannot change, cannot die to what it has been, and cannot transcend limitation as it's intended.
- Will you continue to resist revelation? Or will you assist the revelation by understanding your role in that revelation that has come to liberate what is revealed?
- The attempt to escape from sorrow through the pursuit of distraction and comfort sabotages the chance to understand the purpose of the sorrow.