



WEDNESDAY, MAY 10, 2023

How to Save Yourself From 10,000 Useless Struggles in Life

Key Lesson 1: Never fight with life; your struggle is not with what opposes you, but rather with what you have yet to understand about the opposing forces that live within you.

Key Lesson 2: Life is change; it is creation revealing itself. We can either realize our existence within its movement as a designated part of its Divine design, or we can continue to struggle with unwanted moments in the false belief that our pain proves we know how the story of life is supposed to unfold.

Special Writing: "A Single Truth in Three Lessons to Help You Transcend Your Useless Struggles with Life"

https://gfmisc.s3.amazonaws.com/20230510_specialwriting.pdf

Talk Takeaways

- Your mind never stops looking for something that troubles or bothers it; when it's not looking, then it falls into a daydream and delivers itself into the hands of something that requires you to struggle with it.
- I Sweat You - ISWTUE - Instant Struggle With The Unwanted Experience.

- What's the unseen purpose behind every ambition? I want to be free. I'm looking for a way to end all of my struggles in life.
- If I want to be free, where do I start? You start with the end of struggling with who you imagine you must be to free.
- No moment in life comes to struggle with you. Then what am I struggling with? I'm caught in a mind that is asleep to itself.
- You can't wait for something to think about, and you never see you're being given something to struggle with so that you'll stay in an unconscious dream.
- You struggle in any moment where life denies you what you want in that moment.
- You need to set aside a portion of your day to deeply contemplating why you still struggle. You are the only one that can do that work.
- There are two kinds of struggle: productive struggle and destructive struggle.
- The path to a higher possibility is not found through the parts of you that don't want to struggle productively. Higher possibilities are only reached through productive struggle.
- An unconscious destructive struggle begins with resistance to what is being asked of you.
- Useless struggle promises that it will lead you to a day when there will be no more struggle.
- In order to grow, anything that is old and mechanical must be revealed and released simultaneously.
- The struggle is to overcome the pain of resisting seeing myself as I am. The more the resistance, the greater the pain. The pain is resistance to my own resistance. It's an unconscious nature resisting the experience of itself.
- It is impossible to overcome any unwanted moment through any struggle with it.

- You can struggle with a fear when you see it's an illusion and based on something false.
- The productive struggle is to see that something in me wants to struggle destructively, and then refuse to give it your attention. See that yours and the world's struggles are useless and have never changed anything.
- Real spirituality is to be aware of the experience of yourself without the wish to be anything other than what you are.
- I need a new kind of struggle. I need an understanding of what a right struggle is and what purpose it is intended to serve.
- God puts in every human being the wish to become self-realized, no matter how long it takes, and to know they are not separated from the Divine that gave them that opportunity.
- Remorse is a shock; regret is a form of guilt. Remorse always has humility and never deals with the past.
- There is nothing in nature that imitates. Everything in nature is unique and therefore serves a unique purpose. The imitative life is painful.
- Someone who is considered to be a master of anything at all is someone who surrenders to what he or she loves.