



SUNDAY, MAY 21, 2023

## **End the Great Tempest and Torment of Living in the Past**

Key Lesson: Nothing in the universe can make you relive some painful moment from your past as long as you choose to live in the self-renewing awareness that no old dark thought has the power to define you, let alone drag you down.

### **Talk Takeaways**

- What all of humanity struggles to overcome -- in vain -- is the past.
- We cannot separate what we call "the past" from the level of consciousness that derives its identity from it.
- Rushing is an attempt to get away from the experience of the past to a future that is imagined by the same consciousness.
- Any conflict with any moment does not exist apart from the past.
- Resistance is already built-into the consciousness before the moment that comes along to reveal it.
- The mind that builds its own labyrinth adds more layers to it with everything it does to try to escape from it. The mind tries to escape itself by recreating itself.
- Justification is a form of the past persecuting the present.

- The shock of seeing something about yourself is the seed of new self-knowledge. Avoiding shocks is avoiding self-knowledge.
- The root of addiction is that I want something to make up for some sense of perceived inadequacy.
- Problems don't go away because the consciousness that creates those problems feeds you solutions that do nothing but prolong them.
- There is no such thing as a good reason to ever suffer over any moment in the past. Only the past suffers over the past. The past you suffer over does not exist without the image of yourself suffering over it.
- A sense of inadequacy, or its opposite of arrogance, does not exist without comparison.
- What is the pain in any moment other than the unconscious denial of it?
- The struggle with the past ends when we no longer identify with the level of consciousness that struggles to find freedom. The only way to find real life is to die to the false one.
- My will is a struggle with the past in order to keep my will intact. Thy Will is rebirth and renewal.
- If you want to find what is timeless, dare to live as if you have all the time in the world.