

Escape the Unseen Prison of Negative Fixation

Ponder the following insight for a few precious moments, and you may catch a glimpse of a formerly unimaginable freedom. But ponder this one truth long enough to realize the implication of its implied non-action...and you will realize a new level of self-knowledge that is the key to self-liberation:

We are free to resist any moment we don't want, but there is no freedom—as imagined—in resisting *any* moment.

There is neither pain nor gain in any moment; what is always new cannot be enhanced, or diminished. However, each moment holds the possibility and the promise of transcending an unconscious nature whose endless conflict (with life) is that it never stops comparing its conditioned past to its equally conditioned demands on life.

— Guy Finley