



WEDNESDAY, MARCH 12, 2025

Start Seeing How Others See You and Watch Old Conflicts Fade From View

Original Talk Date: March 9, 2016

Key Lesson: Part 1: It is virtually impossible to consciously bear the unpleasant manifestation of any other human being until we have awakened to the same manifestation in ourselves, and learned to consciously suffer it. In other words, we can only bear in someone else what we have learned to bear in ourselves... which means none can be truly compassionate until we know what it means to suffer ourselves for the sake of something greater than ourselves.

Part 2: Much of what we see in the eyes of those we love, especially in moments of continuing conflict, is because we are unwilling to see what we are giving them to look at in that moment.

Talk Takeaways

- Love is not just about embracing those who see you the way that you want to be seen.
- Without the capacity to love someone who you are in a disagreement with, and without understanding of the source of the disagreement between you, and what needs to be done to change it, there cannot be a real relationship.
- "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself." -- New Testament

- Unless you are able to love your partner as yourself, no matter what the conditions are, then you cannot really say that you love them. A love that can turn into anger cannot possibly be the love that we are looking for.
- The nature that fights can only see others as being responsible for its pain. It wants others to see where they are wrong.
- You respond to others through how you see them, and other people respond to you through how they see you.
- When was the last time that you thought about what was it is like to be around you? If you could see yourself the way others see you, it would explain everything about why others react to you the way they do.
- Without knowing it, we are presently attached to a body of ideas, beliefs and demands that is always feeling threatened by exterior conditions. And so it always tries to save itself and change other people.
- The more dependent we are upon others to confirm our sense of self, the more we will fight as that sense of self feels threatened and does not get the confirmation that it depends upon.
- We think we should be instantly forgiven for our mistakes, but how quick are we to forgive others for their transgressions?
- The acronym ISMTYE stands for "I see myself through your eyes." I wonder what it is like for you to be experiencing me? When I look at you, at the same time I must be aware of my own interior state.
- The way that you begin to understand what it is like for others to experience being around you, is through awareness of yourself. To "love your neighbor as yourself" is the same as no longer being divided, to stop creating more separation between yourself and the other.
- To see myself through your eyes, you have to be able to look at the other person, and at the same time be aware of your own feelings.
- To be able to turn your cheek becomes possible only when you are able to see yourself as others see you. It is the beginning of humility and a new kind of love that cannot be set against itself or anyone else.