



SUNDAY, MARCH 16, 2025

Realize this Divine Truth and Be Released From Useless Suffering

First Key Lesson: It may be said that one finds freedom from suffering over oneself in direct proportion to one's realization that there is no separate self whose suffering is to be resisted.

Second Key Lesson: Without resistance to its appearance there is no negativity in suffering; to realize the fact of this truth is the first step in proving – to yourself – that all forms of psychological suffering are optional.

Third Key Lesson: There is only one way to be wholly fearless in the face of any suffering: one must come to know – and to understand – how to share in the conscious suffering of creation as it reveals itself through the ceaseless act of birth and death. And then...one must agree to embrace these seemingly opposing forces of life until they reveal not just their secret unity, but an indwelling Divine kingdom, as well...from out of which they come, and back into which they return.

Talk Takeaways

- The last thing that human beings want to give up is their suffering.
- The root of every ongoing, painful psychological struggle is the attempt to avoid suffering.

- None of the chronic psychological pains that we experience in our lives exist without the corresponding things outside of ourselves that we blame them on.
- The mind finds the reasons for its suffering from the past, from the content of its own memory. What would the mind do with suffering if it didn't try to explain it to itself?
- Our reasons for why we are suffering are part of the suffering that we are trying to resolve.
- "Who looks outside, dreams... who looks inside, awakes." -- Carl Jung -- No one would think to start looking inside without having expired searching outside of themselves.
- Become more interested in understanding the nature that is struggling instead of being interested in what that nature is struggling to get for itself. Everything the mind does to end the struggle is the continuity of the struggle.
- Everything created in nature is ceaselessly being acted upon by a Will that is greater than itself, for the purpose of being re-integrated back into the cycle of that greater Will. No creation can complete itself by itself.
- Every creature suffers as it is acted upon by the Will that acts upon it for the purpose of creation. All creatures suffer being remade in the image of the Divine. Creatures in nature have no choice but to suffer for the sake of that creation.
- Within every creature is that which opposes the Will of creation, but what opposes creation -- the resistance that is built into nature -- is part of what transforms the creature.
- There is a part of us that lives to make other people dependent upon it, so that it can have power over them.
- Life feels adversarial to the nature that believes that the purpose of life is to avoid all suffering.

- Every creation is the meeting ground of opposing forces: the Will of the Divine that acts upon the creation, and the part of that creation that resists that Will.
- It does not even occur to us that other people suffer. What if we understood that what everyone is going through is a necessary part of what they must bear for the purpose of understanding the purpose of that suffering?
- If we can see that there is no separate self, then that must mean that there is no separate suffering.
- In reality, we do not live outside of the purpose and the plan of the Creator. But one must give up their life in order to find it. Instead of looking for an end to your suffering, become aware of the suffering and start understanding its purpose as a part of creation. Do nothing, see everything.