



SUNDAY, MARCH 23, 2025

Wake Up and Stop Agreeing to Be a Victim of Involuntary Memory

Key Lesson: We can be - and often are - sound asleep going through the motions of life with our eyes wide open. To be able to see - to be aware of - what our mind is actually looking at, experiencing, and responding to...is the first step in the process of awakening; it not only strengthens our wish to attend to the present moment, but to remember that any time our mind is unattended...it slumbers in fitful dreams, from which it cannot awaken itself.

The Big Question Is: Why in the name of heaven would we want to remember whatever it is that we're being given to remember...when it can be seen as true that as we remember whatever the nature of that memory may be - in any of its myriad forms - we suffer over not just its recollection, but for the nature that has elected to relive what it will?

Talk Takeaways

- If you can connect to something, it must mean that it was already there before you decided to connect to it. So it is with what is True.
- You must first leave what is old in order to enter into something new. You must lose your life in order to gain it.
- The most important work in the world is remember your true self. What is stressed and anxious in you does not know what is important.

- Who and what you really are has nothing to do with what you think you need in order to be content.
- Without knowing it, what you always look to in order to save you, is some form of memory. How can a memory free you from the painful experience you don't want that is itself the product of a memory.
- Every single thing in creation has a memory that ties together its relationships with the world it lives in. The world has a memory of its own.
- The resistance that you feel when listening to a truth talk is the product of memory.
- Why would we want to remember anything that we are tormented by as we are remembering it? We would not choose to do anything like that. But the mind that is unconscious and asleep cannot wait to drag us into a memory because that is its world.
- Everything that you do to reject a fearful thought only strengthens the fear that prompted you to take that action in the first place.
- We are all ruled by the evil Pharaoh IMOTPK: "Involuntary Memory Of The Painful Kind." It remembers the suffering of similar past situations, and as it relives that painful memory, it then resists the very scene that it imagines.
- We do not look at other people without experiencing memory. We think that the pain we are experiencing when thinking about other people comes from them.
- Thought builds upon thought in order to escape from the prison of thinking.
- The more you suffer over something, the more you are dedicated to ensuring that you don't suffer from that same thing ever again.
- You cling to a life that does not exist, and you call the stress, strain and struggle of that clinging your "life."

- The one thing that is not part of the evil Pharaoh IMOTPK's world is awareness. You can be aware of the Pharaoh itself, instead of caught by what Pharaoh is telling you.
- Remembering yourself means to bring all the members of yourself -- including the body, heart and mind's memory -- into a unity that the mind cannot create.
- You gradually begin to be more willing to lose your life the more that you become aware of the painful pattern of memory that commands you to save yourself again and again.
- There is a difference between involuntary memory of the painful kind that calls on you, and memory that you call on.
- "If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment." -- Marcus Aurelius
- The moment that a reaction suddenly comes that is born of memory, instead of being a torment, it can be used for revelation.
- You cannot free yourself from memory, but you can free yourself from the illusion that memory is you.
- Knowing keeps you from seeing.