



WEDNESDAY, JUNE 11, 2025

Learn to See and to Step Out of the “Same Old Self”

Original Talk Date: June 8, 2016

Key Lesson: The repetition of patterns, even painful ones, is a form of safety to a mind that prefers to remain asleep to itself... because in the continuation of the known it finds a fitful kind of rest, even as it talks to itself about how much it hates being stuck in a rut!

Talk Takeaways

- We create the patterns that we then turn around and complain about.
- Human beings are caught in a circle of self without knowing it. But we do have the capacity to begin recognizing the painful patterns that are part of being in captivity.
- Part of a painful pattern is the promise of relief from the dissatisfaction that is blamed on something exterior. But we don't see that the dissatisfaction is actually the result of the pattern itself.
- Part of the difficulty of being stuck in a painful pattern is being unable to change the pattern, and then sinking into frustration as a result.

- The only way to change the pattern is to change the nature responsible for it. How does a human being change their nature? The real change is in your relationship to the part of yourself that makes the pattern.
- Only something that sits outside of the circle of self can see the self that makes the circle.
- We don't see the pain we are in because we are part of the pattern of trying to escape from the pain.
- We are passive to the parts of us that promise to change us.
- In every instance, life is what we make of it.
- You are created to be able to have a new day that is unlike the day before. Most days are spent in a pattern, and the pattern can never produce a new you. No pattern is going to escape itself. Having a new day is the same as learning something new.
- The old parts of us that are in a pattern are opposed to what is new. We must have a new view of the old parts. The capacity to observe the pattern does not belong to the pattern.
- The acronym for the malady from the doctor story was "SOSOR" (as in "So sore"), which stands for "Same Old, Same Old Routine," which belongs to the deeper condition "SOSA", which stands for "Same Old Self Again."
- Nothing can change as long as you have reasons for why you are stuck in the same old routine, because the reasons are part of the routine.
- You not wanting to be the way you are IS the pattern.

- Nothing can stop you from seeing something new about the old pattern. That is how you heal and begin to break-up the identification with the pattern. You are refreshed by discovery. You are made to have a new day.
- If your mind is talking to you, it is telling you why it is necessary to continue the pattern. Instead of entering into the pattern, suffer the part of you telling you why it is necessary.
- Make your own SOSOR "Same Old, Same Old Routine" list. Find the pattern. Don't do anything about the pattern, other than perceive how and where you have been a captive of it. See what you can do to see and learn a little more about you.
- The more that you catch the pattern, the more you will become dissatisfied with the pattern, the more you will be given something new.