



WEDNESDAY, AUGUST 20, 2025

End All the Wars Within You With This One Action

Original Talk Date: August 17, 2016

Key Lesson: Part 1: You can neither control, nor change any anxious thought or emotion that rushes in and sweeps you off of your feet because this "I" -- this sense of yourself suddenly in a struggle to escape a psychological storm -- is itself a part of the squall it now so vigorously resists.

Part 2: Every thought, a blockage. Every emotion, a limitation. Every movement, a hindrance to Thee.

Talk Takeaways

- Before it is possible for you to understand the actual condition you are in, you have to be prepared to be able to see it as it is.
- Every movement that comes out of a human being begins with an emotion. Every movement, every thought towards something begins with an agitation that we don't yet recognize.
- We would not consciously agree to be moved from pillar to post by emotions, with no say in where we are moved to.
- In our spiritual work, nothing can possibly happen until we begin to understand what it means to observe ourselves. There is no observing of the state when we are absorbed by it.

- It is impossible for a person to be able to observe without being able to reclaim his or her attention.
- If we are ever going to be free, we are going to have to understand that freedom is not a feeling.
- The sense of being uncomfortable has nothing to do with what the mind points to as being the reason why you feel the way you do.
- We are constantly being disturbed. If we were not being disturbed, we would not be alive.
- The mind's naming of the disturbance is the end of the observation of it.
- You enable others because you don't want to meet the disturbance in yourself. If you did not enable the other person, then you would see the disturbance in yourself. It is the fear of losing something that keeps the codependence in place.
- It is the revelation of what was once concealed. but that is now revealed, that removes an unseen wall of ignorance within one's consciousness.
- The self that is seeking to add peace to a moment, in order to avoid a disturbance, is the source of war.
- It is not "you" that is being disturbed. The disturbance is part of creation and is there for a purpose. But the purpose is stolen by a nature that does not want anything to do with being new.
- Instead of the disturbance being naturally reconciled, the mind names the disturbance so that it can know what to do about it. The mind imagines what it needs to do in order to reconcile the disparity it feels.
- You have agreed to appease and to make peace with a nature that is incapable of peace. Don't make peace with yourself. Don't make peace with the state, ie: don't do what it wants you to do in order to appease it.
- Everything that you do to seemingly establish peace is the continuation of a nature that does not want peace. It wants to avoid being revealed as the source of war.