



SUNDAY, SEPTEMBER 7, 2025

How to Bring an End to Unhappy Feelings that Seem Endless

Key Lesson: All anxious resistance to what "might be" is the avoidance of *what is*.

Talk Takeaways

- The Truth awakens a possibility that is literally beyond imagination. It is a kingdom within us that is not determined by thought.
- What we call our happiness or peace can be ruined by a single disturbance, and instead of happiness and peace, there is resistance.
- When our fragile happiness is interrupted, we imagine what we need to do in order to escape from what is interfering with that happiness. We imagine what we need to do in order to get out of the pain and into a new pleasure.
- "For we wrestle not against flesh and blood, but against principalities." The problem is that we do not know anything about these principalities that are at work within us. This is why self-knowledge is the treasure.
- Every action has an equal and opposite reaction. The converse is also true: for every reaction there is an equal and opposing action. These opposing forces always appear simultaneously. For instance, frustration gives rise to a negative action that corresponds with the reaction.

- Resistance is a reaction. Resistance reinforces the condition that the resistance is trying to escape. This is why Christ said, "Resist not evil." In other words: "Do not oppose what opposes you."
- Opposition does not bring an end to unhappiness. Instead, opposition drives and strengthens the circle of trying to escape from unhappy conditions by seeking happy conditions.
- Resistance is identification with the level of consciousness responsible for the conflict we feel in any given moment.
- Resistance is a force that is guaranteed to produce an equal and opposite force.
- Resistance always leads to a subsequent and corresponding futile action that attempts to reconcile the disturbance.
- Happiness is the natural outcome of a human being in relationship with the light that reveals the nature that creates separation.
- For every negative reaction there is an equal and opposite negative experience that is created.
- You can't free yourself, and you can't escape yourself. And yet that is what this lower nature is always trying to do.
- If resistance had any power to change the world for the better, then it would have led to a better world a long time ago.
- When the futility of resistance is seen consciously, that seeing IS the action of transformation.
- What we suffer from is resistance to -- and identification with -- our own imagination.
- The light helps those who are willing to see how they continue to run into themselves in the darkness.
- Resistance is the continuation of unhappiness because it looks away from the real cause of unhappiness, which is itself and the separation it creates. Happiness is the end of separation. New possibilities come when you stop agreeing to identify with what resistance points to.
- Real happiness does not require an opposite in order to sustain itself.