



SUNDAY, OCTOBER 12, 2025

Answer These Three Questions and Completely Change Your Life

Key Lesson #1: There is no painful state of psychological resistance to any given moment that isn't preceded by some form of unseen demand that *we have brought with us* into that moment.

Key Lesson #2: Life is as it is given. There is nothing more...because *there is nothing more* than what we are given by Life in every moment of its revelation.

Talk Takeaways

- Our lives are spent trying to change our lives in an attempt to find some kind of happiness as it has been imagined. Yet after all of these years, we are still trying to change our lives.
- There is the kind of life spent trying to change your life, and then there the kind of life that understands the futility of struggling to change your life as you imagine it.
- Even as you are feeling emptiness, your mind is filling itself with plans.
- Question #1: Has any negative reaction to an unwanted moment ever changed that unwanted moment? Have you ever changed the moment by not wanting it?

- What we really don't want in what we call an "unwanted moment" is the experience of ourselves.
- Question #2: Has becoming negative over any unwanted moment ever changed the fact that unwanted moments keep coming?
- Resistance to your own reaction points the finger of blame at something outside of yourself as the cause of the reaction.
- The moment you don't want does not exist without the reaction to it.
- The mind that analyzes the reaction believes that it is separate from the reaction. The thinker thinks it is apart from what it is analyzing. In its analysis, it tries to reduce the reaction into something it can recognize.
- There is no such thing as a new negative reaction. The analysis of the reaction is the continuation of the past. The cup that we fill ourselves with is the content of the past.
- Question #3: Is it the moment itself that's repeating itself, or are we experiencing a level of consciousness that believes it can escape the consequences of its own ignorance?
- The only real choice is to be the fulfillment of the moment as it is revealed in you. The lie is that we have a choice to be other than what and where we are. The liar does not want to see what we see, does not want to feel what we feel, and does not want the life we are given.
- Unless something drastic changes in consciousness, especially in the moment of seeing the need for that change, then the same experience of the moment will repeat itself over and over again.
- Instead of trying to change the moment, USE the moment to see the need to change.
- "You can't go back and change the beginning, but you can start where you are and change the ending." The only way you can change the ending is to be as you are in the moment as it is revealed.
- The crucible is seeing that you cannot react to the unwanted moment in the same way again, while at the same time not knowing and being terrified about what will happen when you stop trying to change the moment as it is.