



SUNDAY, NOVEMBER 23, 2025

Freedom Starts as False Excuses End

Key Lesson #1: The clearer we can see that negative states must have an excuse to exist within us, the sooner - and more strongly - will arise in us a refusal to grant them a place anywhere in our heart, mind, or soul.

Key Lesson #2: If assessing blame for our anger or impatience proves our innocence in that moment of conflict, then why do we need an excuse for our negative reaction, let alone how we may have treated another wrongly? Blame does not prove innocence; rather it proves something false in our present nature fears seeing (the truth) that it is nothing like it imagines itself to be.

Key Lesson #3: Defending a negative state by excusing it is like catching a thief in your home, and explaining to him why he has every right to steal whatever he wants.

Summary Key Lesson: All the excuses we hand ourselves for why we must continue hurting ourselves are like flies that travel with trash. They only make something worthless seem valuable. Garbage is garbage, no matter how attractively it's wrapped - especially when the wrapping is our own self-righteousness. Any part of us that finds a good reason to justify suffering is in league with the very nature responsible for its appearance.

Talk Takeaways

- Nobody ever believes that they are part of the problem.
- Why does the possibility of changing seem to become more elusive the older that we get?
- There is a possibility of perfection that has nothing to do with thought, but we spend most of our lives lost in thought about how we can achieve an imagined perfection in a time to come.
- The torment that you feel is not the result of conditions that have been thrust upon an undeserving person. The torment is the result of a consciousness that is set against itself.
- The moment of falling appears with a judge that is sure to let you know how bad things are, and that all of your efforts have been useless. What are we looking at in those moments that we fall? We are looking at endless excuses.
- A good definition of "hell" is always trying to be perfect.
- Anything in you that goes looking for a solution to your suffering is not really looking for a solution. The thing that explains the suffering and looks for a solution is part of the continuation of that suffering.
- The purpose of excuses is that they cover up the consciousness that is responsible for the suffering.
- Falling is identification with an unconscious nature that contains a legion of "I's" that take turns making excuses. It is a parade of pained I's.
- There is nothing loving in an excuse, other than a self that loves itself and defends itself through its excuses.
- The reason for your suffering is already sitting there in the consciousness just waiting for the condition that will bring it to the surface. In other words, it is not your reason.
- The excuse-making nature cannot live if you are aware of it. That nature uses excuses in order to avoid awareness.

- Unconscious suffering can be turned into conscious suffering. There is necessary suffering that is part of the progress and perfection of the soul, and then there is the unnecessary suffering of avoiding what we are intended to go through.
- The more that you talk to yourself about a situation, the less you understand it.
- If you are truly innocent, then why do you need to explain, excuse, justify and talk to yourself about the situation? Innocence and freedom do not have a reason.
- When you finally see that your mind is not going to save you, and you set it down, you are getting closer to the true nature of salvation and reconciliation.