



WEDNESDAY, DECEMBER 3, 2025

Solved: The Mystery of True Spiritual Strength

Original Talk Date: December 7, 2016

Key Lesson: Human arrogance -- its entire dark and painful pretense -- exists only as it does because of how distanced we've become from the immense and Divine mystery of our own being. The more we awaken to the depth of this mystery, the more we see our life through the eyes of a whole new level of being endowed with a natural, yet supernal humility.

Talk Takeaways

- All we presently know is to try to be stronger than the suffering that we are experiencing.
- Spirituality is not about learning better ways to deal with dark states. Spirituality is about discovering that within you is everything that you need to so thoroughly understand the onset of any form of suffering, that you no longer suffer in the same way.
- True teachings have always brought together two principle ideas relative to spiritual strength, and they are effort and grace. Right efforts begin with right knowledge.
- It's one thing to pick up a problem and struggle with it, and it is another thing to be aware of the nature that can't live without the problem that it gets you to pick up.

- You can't begin to grow spiritually until you understand that you are presently unconscious and that choices are made for you.
- Whenever we judge ourselves for what we have done, it seems like we had a choice. But if we really had a choice, we would not have done the thing that we wish we hadn't done.
- As soon as the disturbance is described, the same nature providing the description then tells us what we have to do in order to get past the disturbance. That is mechanical life.
- Conditions do not create negative states. Conditions reveal the level of consciousness that can only meet conditions with conditioned reactions and responses.
- No one who refuses to meet their limitations can ever hope to transcend them.
- True spiritual strength is a paradox. "My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me." -- New Testament
- See your limitations as a doorway into which light can come and begin to reflect itself in your heart. Let the limitation be revealed so that you are strengthened enough to set it down.
- What we are really avoiding is not the event itself. What we are really avoiding is what the event is revealing to us about our present limitations.
- When we avoid seeing our limitations, without knowing it we are at the same time refusing the strength that comes with the revelation of those limitations.
- Real strength is never against anything.
- Go into the situation that you would rather avoid in order to see the nature that is presently in command.

- Your weakness exists for a purpose, and it is not to punish you. Your weakness exists for the purpose of perfecting the realization of God's strength. You are shown that strength when you are willing to face the consequences of meeting the moment.
- In the end, the only limitation is identifying with a weakness.
- Awareness of weakness is the strength that you need to put it down. The weakness that you are afraid of is what you must enter into.
- The right effort when any weakness appears is to "take the meeting," enter into the weakness that you are afraid of. By taking the meeting, you will be given something that you cannot be given in any other way. The effort to take the meeting, to meet the limitation, is the same thing as realizing the Grace that releases you from it.