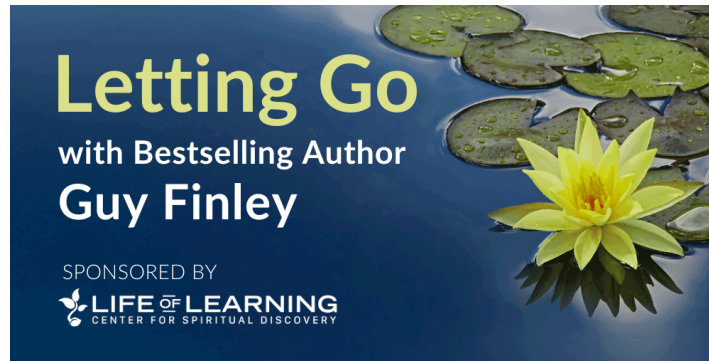




SUNDAY, DECEMBER 21, 2025

A Powerful New Insight to Release You from Painful Resistance to Life

Key Lesson #1: Awakening is the sudden, and often quite shocking realization that what we had taken to be the whole of our life...isn't, any more than you can see the whole of a starry night through a skylight.

Talk Takeaways

- You can't be at peace with the moment itself until you are at peace with yourself.
- It is inevitable that everything in nature is always being acted upon and being completed through that action. Why is that not true of us when it comes to a relationship with the Divine? What is interfering with this "Divine inevitability"?
- What is it within us that sets boundaries? We end up as prisoners locked within the very boundaries that have been set, and then fear anything that threatens to trespass. We become walking "No Trespassing" signs.
- The size of the threat is directly proportionate to the size of the sense of self that feels threatened.

- The images that we have of ourselves cannot be separated from the boundaries that are created to guard against the threats of other people and life.
- What we call resistance to the moment is not a choice made by us. Rather, it is an aspect of a mechanical nature that is part of an enclosed system. A person trapped within an enclosed system cannot choose, but believes it can.
- We try to escape the pain created by resistance by listening to that same resistance as it tells us how to get out.
- Resistance is the psychological glue that holds the sense of self together. Never are we more sure of who we are than when we are resisting what we do not want.
- No negative reaction has ever actually resolved a disturbance. All the negative reaction does is kick the can down the road.
- Resistance seems to prove that the condition being resisted is something outside of ourselves.
- The boundaries that we run into are not the evidence of failure. The boundaries that we run into are thresholds to new understanding.
- Wherever we go there is something that is not right. The sense of self that believes it is right NEEDS what is not right in order to exist.
- We are not at peace with our pain because we do not understand the nature of it. The understanding of resistance is the same as transcending it.
- Instead of creating boundaries by interfering with the movement of resistance, begin to recognize the moment of resistance as an invitation to a boundless relationship with the moment. Use the boundaries that you feel to see the nature that is bound by its own activity. What can see that sits outside of that closed system.