



WEDNESDAY, JANUARY 7, 2026

A Two Minute Exercise to Help You Attain Lasting Self Command

Original Talk Date: November 4, 2015

Key Lesson: Here is the obvious, but rarely acknowledged reason why we must dig in and do the difficult inner work needed for real self-transformation: if we don't change, we gradually come to wholly embody the very weaknesses whose destructive nature we wish weren't (living) within us. The courage to see the truth of this inevitable outcome gives us the reason, the will and the courage we need to succeed in our quest to regain command over our own heart, mind, and soul.

Talk Takeaways

- Given the right conditions, through personality we can imitate the appearance of self-command. But the self-command that we thought we possessed disappears in the face of unwanted conditions.
- Resistance creates crystallization. The more you don't want something in yourself, the stronger it gets.
- A weakness is not inherently negative until it is resisted.
- Whatever you can learn about the unseen part of you that now commands you, puts you that much closer to having command over it.

- Can you see that you are afraid of what commands you? See that this lower nature commands you whenever you are negative
- Resistance towards anything in life is a lower part of yourself that doesn't understand how to use the moment to change yourself, as well as your perception of the event and its meaning in your life.
- Your own consciousness commands you because you don't understand the nature of it.
- What commands us in the moment is never the condition that we are looking at, but rather something in our own nature -- that we become passive to -- as it shows us what it wants us to see about the condition.
- When something begins to tell you that you can't, it's impossible, or that it's too late, there is instant identification with the familiar thoughts that are presented that are accompanied by the same familiar feelings.
- The weaknesses that we don't meet and come to understand -- and eventually transform -- become the very substance of our being.
- You have an image of yourself as being someone who is not afraid, and you do not know how much time is spent trying to create conditions where it appears as if you have command. But you do not have command at all.
- In the story of the reporter visiting a small town in which people were disappearing under a dark cloud, the woman who did not disappear said to the cloud, "You can't give me what I need."
- Inside of every natural living creature is the "urge to merge," to unite itself with something outside of itself. Presently, that force of attraction commands us.
- It is possible to wait two minutes before doing what you are being commanded to do in order to escape from the pain that you are feeling. If you can wait two minutes in the face of the pressure, then you can wait three. If you can wait three, then you can wait five, and so on.
- The exercise is to wait two minutes before you give into the demands of the nature that wants to command you. If you can wait two minutes, you are going to learn something about what is commanding you that you did not

know the moment before. Wait two minutes so that you can see what you are about to agree to be.

- The Three-Stage Cycle of Desire that Drives Self-Compromising Acts: 1) When there is a disturbance, there is an instantaneous sense of familiarity with the solution that is being offered. 2) In that familiar solution is the promise of gratification if you will agree to go along with it. 3) In the moment of the gratification comes the momentum of identification.
- Learn to watch the machinery of desire if you want command over the nature that expresses it.
- Command is granted to you through your willingness to see the truth of yourself. Do the work to understand what commands you.