



WEDNESDAY, FEBRUARY 18, 2026

Transform Any Troubling Relationship into a Timeless Treasure

Original Talk Date: February 15, 2017

Key Lesson:

Part 1: Behind every expectation that we have for how we should be treated by others lurks the inevitable sense of feeling betrayed by them any time they fail to hit their assigned mark. Behind this disappointment in their character or demeanor -- in fact, its partner in this kind of discrimination -- dwells an unseen sense of righteousness based on a false assumption that we are nothing like what we are so easily moved to judge.

Part 2: It's always the right time to discover something new and true about our present level of being, even if, in that same moment, what we uncover seems altogether wrong.

Talk Takeaways

- Until we begin to see and understand ourselves, nothing real can change in our exterior relationships.
- You love to think about why other people are the way they are. But why don't you ever think about why you are the way you are?
- An enemy is anyone who stands between you and the treasure that you believe you must have. Enemies are the creation of a level of consciousness that we do not understand.

- The moments in relationships with others that we don't want are precisely the moments that we need, because they allow us to see the parts of ourselves that we don't know are in us.
- We like to be in relationship with other people or with things in nature because they reveal a corresponding part of ourselves.
- There is a part of ourselves that does not really see what the other person is, but instead sees what we don't want them to be.
- The part of us that is negative sees what it needs to see in the other person so that it can justify the negativity.
- In almost every relationship with other people, it is probable that you will be introduced to parts of yourself that can't love anything but itself.
- The nature that loves itself only will never know love. It exists to separate itself from anyone or anything that does not confirm it.
- The new level of understanding that you want is a relationship within yourself that produces a change in your character.
- Everything is a gift, because it is all created to help us grow into an understanding of a broader world of which we have no present understanding.
- Every person in your life brings to you the gift of revealing inner qualities that you would not be conscious of in any other way.
- Every time you go along with judging other people, becoming negative towards them, and/or wanting them to be different, you are refusing the gift that the moment has brought to you.
- A "frenemy" is someone who was formerly perceived to be an enemy, but that new understanding shows to be a friend bearing the gift of revealing you to yourself, showing you what must be transcended.
- It is possible for you to not have a single enemy in your life.
- You fight, you lose. You blame, you lose. You avoid, you lose. You SEE the self in yourself that wants to fight or blame or avoid, and you win.
- The more you see and accept the gifts that your "frenemies" bring to you, the more free you will be in each new interaction with them.