



WEDNESDAY, FEBRUARY 25, 2026

See Through This Secret Form of Self-Induced Suffering

Original Talk Date: February 22, 2017

Key Lesson: There is likely nothing more painfully mistaken -- no greater impediment to the realization of our freedom than the feeling that we are somehow entitled to it; we are entitled to nothing, and yet -- even in this world of spellbound souls who can only dream of being free -- we may have anything for which we're willing to make the appropriate payment.

Talk Takeaways

- The nature that finds fault with others goes before us to ruin relationships. That nature is certain that life and other people owe it something. It feels it is owed whatever it believes it needs to feel good.
- The couple from the doctor story suffered from "You Owe Me" Syndrome.
- You can't get upset with another person without something inside of you arriving at the conclusion that you are owed something.
- Behind every punishing moment in a relationship, behind every confrontation with another human being, is something that feels disappointed with the character of the other person.
- Your feelings get hurt because living inside of you is an assumption that the other person is supposed to treat you a certain way. You blame them for the demand that you have placed on them.

- We are haunted by past conflicts, not because of the event itself, but because something in us believes it was owed something better than what it got.
- You could not be in painful relationships with other people without being identified with the idea that they have something you need.
- The truth sets you free from the wrongness that it reveals.
- Freedom is not the ability to control or wield power over people. That is slavery to a nature that puts you in debt to everyone that you think owes you something.
- You can't be free as long as you think somebody owes you something. The more you believe someone owes you something, the further in prison you are.
- The pain of impatience comes from your own unseen demands and expectations.
- Use the appearance of painful moments to observe the parts of you that are responsible for the continuation of the pain.
- We demand that others treat us a certain way because our identity -- who we think we are -- depends upon whether or not our demands are met.
- Somebody in the relationship has to take responsibility for what happens in the moment. The payment is to die to the nature -- the sense of self -- that believes it is owed something. What you are given in exchange for that payment is freedom.