



SATURDAY, MARCH 7, 2026

Welcome the Truth that Takes the Weight of the World Off Your Shoulders

Key Lesson #1: The answer to every painful question is perfectly reflected in the mind that feels compelled to ask it.

Key Lesson #2: No one wins freedom who hasn't first realized the invisible relationship between resistance and revelation, and how one cannot appear without the other... but even more importantly, that to see they secretly serve one another, is to put both in your service.

Talk Takeaways

- The antidote is in the venom. Likewise, the answer that you look for to ease a pain is not outside of the moment that the pain appears.
- It is the way that you see the moment that produces the feeling of being seized by it.
- Does a moment itself, as it is, have any psychological weight? No, the weight is in the consciousness that struggles against the moment.
- If you don't enter the storm, you don't have to find shelter from it.
- All psychological weight is the product of a mind trying to get out from under what it perceives to be its burden.

- Freedom is inherent in the revelation of the moment itself. Your entire life should be dedicated to seeing this with more and more clarity.
- If you are conscious of the fact that you are carrying a weight, then you exit from the world in which that weight was being carried.
- We never see both sides. All we see is what our minds give us to see, which we then wear as a weight and then struggle to free ourselves from.
- Currently we live in a world in which the event is believed to be responsible for the reaction, and the sense of self that appears believes it knows what to do.
- The real source of psychological weight is unseen resistance.
- The painful reaction is more than just what it is pointing to. Also built into the reaction is a nature that is waiting to not-want the moment.
- You can't want for something to happen without at the same time not-wanting something else to happen.
- Vanity waits for something to insult it. For an insult to be painful, it must have a target to hit.
- Every time you try to fix a pain, you are looking at the content of a level of consciousness as it interprets the moment. And the more you look at that content, the more you identify with it.
- Resistance reveals the nature that would not be revealed without that resistance.
- Every revelation is new unto itself. There is no weight -- there is no wait -- in revelation.
- The more that you try to create conditions to quiet a disturbance, the greater the disturbance grows.
- No moment appears that is not the complete revelation of everything that took place in order to produce the moment.
- The motivation of every action taken in response to a disturbance is to get the weight of the disturbance off of your shoulders. The weight becomes greater the more you think about the action to take.