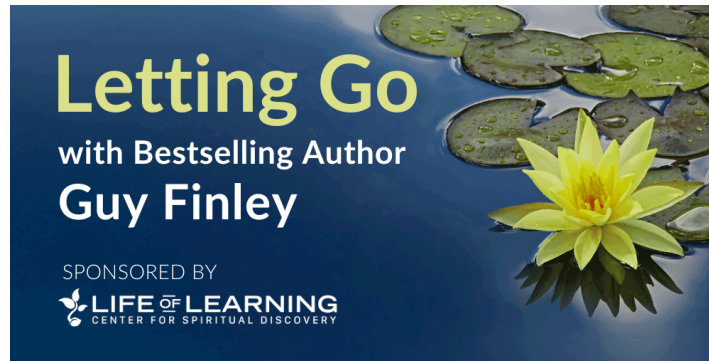




SUNDAY, APRIL 12, 2026

Freedom from Painful Obsession Starts with this One Observation

Key Lesson: Passing time reveals the true nature of thought to be naught but grains of sand, endlessly spilling themselves out of – and back into – the nothingness from out of which they have come.

Talk Takeaways

- Most of us don't know anything at all about our obsessions. When a person is obsessed with something, he or she sees it as natural and necessary.
- Life is intended to be simple. Everything that is perceived as being difficult is, in reality, simple for the level of understanding that sees from a higher perspective.
- The Kingdom of Heaven is within. It is not out there in the world of thought and its temporary creations.
- What part of us is uncomfortable with something that it sees as being out of order? What is the nature of obsession? Who am I without my obsessions?
- What is it that always feels disturbed? Our attention is riveted on what is blamed for the discomfort, and the disturbance is met by what SEEMS to be something other than what is disturbing it.
- When you are tense, you are obsessed with finding anything that will relieve the tension.

- The 'I' that knows how things should be is not separate from the context from out of which it has come.
- We presently live from a consciousness that is always trying to find the next thing to become obsessed over in order to relieve the tension of being obsessed.
- It seems like you are the observer of the moment when you react to what is unwanted. That pseudo-observer believes that it knows what has happened and what is to blame outside of itself. But that 'I' is not separate from the disturbance that it is creating.
- Who you take yourself to be does not exist without the forces that meet in that moment. When these interacting forces change, then the sense of 'I' that you had taken yourself to be also changes.
- The part of you that is obsessed with something believes that the obsession will bring an end to the disturbance. But an obsession is always the continuation of the context that you brought into the moment.
- When you are struggling to fix a disturbance, you are not aware that you are not the originator of the voice that says "No" to the moment.
- The unconscious nature that believes it is the observer is not an OBJECT. It is part of an EVENT that would not appear without the convergence of forces in the movement of the moment.
- The sense of self that is created by one set of conditions, does not know the sense of self that is created by the next set of conditions.
- We walk into the moment with something that creates and protects a context that it says life must conform to. If something interferes with that context, then life is wrong.
- If the observer is the observed, then is there an observer that is separate from what is observed? No, only in the divided mind are they separate.
- When you believe you are the observer, you believe that you are right. But it is possible to SEE that that observer is not you.
- Liberation is found in the simplicity of seeing.
- Real teachings are about "metanoia," a completely new mind that sees life in a completely new way.