



WEDNESDAY, APRIL 15, 2026

Stop Being a Slave to the “Wave”

Original Talk Date: April 26, 2017

Key Lesson: It's impossible to separate being identified with the pursuit of some false purpose in life from the unconscious suffering produced by the same.

Talk Takeaways

- The world as it is, with all that it has to offer, simply is not enough to fill the sense of emptiness that lives inside of you.
- Changing places, or trying to change other people, or the world, does not change YOU.
- Evil is anything that stands in the way of your relationship with the Divine.
- The thoughts that come along to tempt you into identifying with them would not appear unless there were something in you that was interested in them.
- A real spiritual school serves as a physical point of observation, a place from which you can -- through your agreement -- see all the other places that you are being drawn to go to.
- A true school makes it possible to begin to feel the pull of the world around you, and to see that the problem is not the world around you, but the mind that is asleep to itself.
- The world that you have been trying to escape from has never been outside of you.

- Regretting what you have done or have become somehow seems to serve as proof that you could have been different.
- No human being who is trying to become something is at peace.
- "You" appear and disappear at least a hundred times per day depending on what the conditions are and what they stir in your consciousness. Who you really are does not alternately appear and disappear along with changing conditions.
- Awareness of our own unconscious nature is the beginning of a relationship with conscience.
- You are a slave to a wave as long as your life depends on what you are momentarily identified with, which is always changing as conditions change.
- There is no justification for being cruel, unkind, greedy, anxious, or any of the other fearful, negative states.
- Hating the fact that you are carried off by a wave strengthens the force of the wave and is the continuity of the unconscious nature that is identified with it.
- We presently live from a nature that cannot stand not knowing what has touched it, and every attempt to figure out what is going on inside of you is the formation of the wave, the self that rides it, and the slavery to the identity produced in that moment.
- Presently, the whole of our world is confined and defined by the temporary wave we are riding.
- The same water that becomes the wave is the same water at the bottom of the sea. A part of you is already connected to something that can never be turned into a wave.
- You are intended to understand the wave-nature, but you are also intended to see it from the ground that understands that you are not just a wave.
- You begin to stop being a slave to the wave by becoming a wave watcher. When you are a wave watcher, you can ride a wave if you need or want to without that wave defining who you are.