



WEDNESDAY, JUNE 10, 2026

How to Stop Reliving All the Same Old Painful Patterns

Original Talk Date: June 23, 2017

Key Lesson:

Part 1: No evil can be done to me save for those moments when -- enmeshed in a forgetfulness not my own -- I can't remember the Good.

Part 2: The pain of a thousand failed attempts to remember oneself, to put what is true before all else, not only disappears in the flash of each success, but that same light lingers, grows, and eventually comes to outshine the return of any shadow of doubt.

Talk Takeaways

- Most human beings never know that they are alive. The capacity to think about yourself is not the same as knowing that you are alive.
- Excitements that give you the sensation of being alive are stealing you away from the present moment where life is.
- There is no end to what is Divine. There is no end to the capacity to live in a completely different relationship with life, instead of just being in relationship with what we want and don't want.

- Real change is not the ability to find something to stimulate you in a different way.
- We have come to believe that a successful human being is someone who can successfully distract themselves until they die.
- The most important lesson to learn is that you have not yet learned the lesson.
- The nature that cannot learn the lesson only remembers the fight or flight response during any moment of challenge. Who you really are is not that fight-or-flight nature. Who you really are is that which sees it.
- What is the wedding, and what is our role? Our role as human beings is to reconcile Heaven and earth. Not my will but Thy Will be done. So that what is above and timeless can enter into a world that has forgotten about that goodness and understanding.
- True teachings bring you out of forgetfulness and into a momentary remembrance of a part of yourself that already exists but is presently asleep. The task is to move from a nature that always forgets to a nature that cannot forget.
- The vertical line in the symbol of the cross represents the level of Being known as the Kingdom of Heaven, and the intersecting horizontal line represents passing time.
- Everything that you can or need to know already exists within you. There is nothing that you will become conscious of that isn't already a part of the timeless world. It is always there, but presently we are not.
- We never really go anywhere along the horizontal line of time that always repeats itself. The task is to remember the vertical line that never repeats itself.
- It's not some task before me that I suffer, neither is it the one behind me for its loss. Rather, what I suffer is the Cross of Being, whose weight is only as great as my misunderstanding of its purpose in the birth of my soul, and in the forthcoming conscious humanity whose perfection it heralds.