



SUNDAY, JUNE 21, 2026

Is That All There Is? The Unseen Source of All Painful Disappointments in Life!

Key Lesson #1: To identify with any experience of life, no matter how whole it makes us feel in that moment must – at some point – reveal that the “experiencer” of that moment is, in fact, apart from it.

Key lesson #2: The world we have come into, the conditions we meet there that shape our life, and our experience of it, accordingly, are all defined by unconscious desire; a false “self” that endlessly seeks the next experience it imagines it needs to free itself from feeling incomplete; yet even when it reaches that designated time and place, it finds that its appetite remains.

Key Lesson #3: Desire is trying to do the impossible: it seeks the completion of itself through the next experience it imagines is capable of bringing it that peace.

Key Lesson #4: In the end what does experience ultimately teach us other than there is no experience that's going to bring an end to our appetite for...the next experience. Death is not an experience; it is the end of the experiencer.

Summary Key Lesson: We affirm the nature of insatiable desire with every experience it gives us, as it sets out to seek the completion of itself, which it cannot do. But as we begin to see that no experience can bring an end to the appetite that seeks it, this awareness accomplishes what no thought can: it gradually reveals the illusion of separation between the seeker and the sought, exposing the unconscious structure of desire that creates and sustains both.

Talk Takeaways

- "If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world." -- C.S. Lewis
- What is the nature of the emptiness that we have never been able to escape no matter what we have done?
- Depression is the inevitable outcome of misunderstanding. It is a sin (missing the mark) to fall into depression because life has not given you what you want from it.
- On the heels of any sense of emptiness is always another promise of something that will fill the emptiness.
- What if disappointment is one of life's most patient teachers?
- The problem is not what life provides. The problem is the nature that wants life to provide the experience it is looking for. The problem is that we do not understand the nature that can never be satisfied. The unrest is deeply seeded in a place in ourselves that we can't see yet.
- The most escape-proof prison is the one that you do not know you are in.
- There is rest in revelation. There is no need for experience when the moment is complete.
- The self that looks for contentment does not go looking unless it is discontent. It is discontentment that goes looking for contentment.
- Every desire appears in the shadow of some disappointment. The new desire covers up the failed promise of the previous desire.
- Rushing is the failed attempt of an unconscious mind to close the gap between where it is and the next experience that it is imagining.
- The world attracts a nature within us that desires experiences that it has imagined. Disappointment is the expiration of the experienter and its imagined experience.
- You will never find the Kingdom of Heaven in thought. The experience of thought is separation from the Kingdom.

- Experience cannot complete you, and yet experience is necessary. This is illustrated in the parable of the Prodigal Son.
- The more the mind imagines the experience of a time to come, the more it validates for itself that the present moment is the problem. It is sensation through imagination.
- Exercise: Take a fast from the experiencer. Step back from the experiencer, the one that derives an identity from the movement of the experience. In dying to the experiencer, you also die to the experience; you can't do one without the other. Do not feed the nature that hungers for the next experience that it believes will complete it.