



SUNDAY, MAY 3, 2020

Awaken the Strength You Need to Walk Away from Any Self-Compromising Behavior

Key Lesson: No part of our present level of consciousness can be fully transcended without having completely experienced its nature; and this includes temptation, whatever its nature. The "saint" is not someone who has never been tempted, but rather the one who — having come to know its nature so fully — can no longer be deceived by any of its empty promises...or veiled threats.

Talk Takeaways

- No desire can make a man or a woman whole.
- We need another order of Will.
- Fight or flight never resolves anything.
- We're in a circle of self that we don't presently understand.
- Regretting the past is actually an addiction.
- We must recognize the uselessness of all the old ways that we have struggled.
- We are changed by seeing the present "do-er."
- The new kind of struggle must be an interior struggle. The new struggle is to observe all of these temporary identities.
- The addiction that we have been suffering from is not "ours."

- The addiction belongs to a part of us that is seeking a way to end pain, to end the sense of being incomplete.
- How can my true self be drawn to something that destroys me?
- No one part can rule the whole without deceiving us into believing that the one part is the whole. The whole of us can never act against a part. That's what compassion is. That's what love is.
- We don't want the illusion of being whole anymore. We want the real deal. Within us already dwells what is whole.
- When I am addicted to the pursuit of pleasure, I am going to despise the result.
- Unconscious pleasure and pain are twins. They are secretly inseparable characters.
- Picking up that pleasure is the same as picking up the pain that follows it.
- We have a part of us that already knows and sees all of this.
- To reveal what has been concealed is the beginning of the healing of this consciousness.
- There is no such thing as compulsive pleasure. That's the bully.
- Freedom comes with dying to the nature that thinks it knows what freedom is.
- Trying to not be judgmental is the judging nature hiding itself. Resentment builds when we "try" not to be judgmental. Be a witness to the judgmental self... look as deeply as you can into it. Bear what you must bear in that revelation. That judgmental nature was never 'I,' but we take it to be 'I' whenever we try to hide it.
- Don't dilute the experience. The experience is the relationship between the Divine and what it is revealing.
- We must see that there is something in us that is attracted to reliving what "we" regret. Catch yourself being tempted to revisit the past.