



WEDNESDAY, MARCH 3, 2021

Wake Up and Walk Out of the Painful World of Endless Wanting

Key Lesson: The mind, emptied of its attachments, fears nothing, while the mind full of wanting and not wanting spends all of its time afraid of...everything.

Talk Takeaways

- Presently our life is filled with trying to get what we want so that we don't have to feel any kind of discomfort.
- Every want that we have comes with a feeling that the moment should not be the way that it is.
- Of ourselves we do not possess the power to be at peace. We can imagine that we have that power, but peace is not something that comes as a result of something that we do.
- Our present notion of peace includes the idea that we must get what we want.
- We keep trying to bring an end to the endless feeling of wanting by wanting something to bring an end to that pain.
- Before we can have any real new answers, we need to have some new questions. New questions begin with understanding that so far we have not been able to give ourselves what we really need.
- We can't be negative about a moment without coming into that moment with an image of how the moment should go.

- The consciousness that is conflicted over how a moment goes is an aspect of that moment, but it is not the whole that we mistake it to be. A part cannot make itself whole through wanting.
- We describe understanding using thought, but real understanding is not in thought.
- Our life is not the events in it, and our life is not the reactions to those events. Our real life is more than the sum of events and reactions. Our true life is another order of consciousness that is aware of the event and the reaction as being one thing. Our hope is in this one awareness that unifies the two.
- We cannot change our experience of life by changing what we want. Instead become conscious of the conflicted level of self and be the witness of the want.
- All negative reactions are the dark product of a false order of self that exists through its attachments to images.
- In reality we cannot be less than we are. We can only be made less when we agree to the suggestion that we need to obtain something outside of us in order to make ourselves whole.