



SUNDAY, MAY 30, 2021

## **See Through this False Belief and Learn to Welcome Every Moment of Life**

Key Lesson: In the end, all forms of psychological suffering can be traced back to a basic simple source: the false belief that our unwanted conditions – whatever they may be – are greater than our capacity to change our relationship to them.

### **Talk Takeaways**

- Your world around you is determined by the way you perceive it within you. You are meant to be nourished from the inside-out, not the outside-in.
- You are meant to be a part of the ceaseless stream of life, always being made new.
- We have to understand that we carry around a pernicious false belief, which is that whatever just happened wasn't supposed to happen.
- How can a belief in what is good turn us into someone who is without compassion towards others who do not share the same belief?
- What is it that I call my experience of my self? My experience of myself is inseparable from my reaction to what unfolds around me. My experience of myself is my reaction to the moment, and I believe that my reaction to the moment is all there is in the moment.
- Every prison comes with an escape plan, which means that any escape plan is a product of the imprisoned consciousness.

- Humanity suffers from IDBI Syndrome, which is “I Don’t Believe It” Syndrome. It is the same as saying to life, “That is not supposed to happen.” And then after that reaction, the mind thinks about what must happen.
- The mind finds a peculiar enjoyment in reliving moments that it doesn’t want.
- In the moment of IDBI there are two possibilities. The first possibility is resistance to what I see as the outside event. The second possibility is revelation of the reaction and the level of consciousness that is inseparable from that reaction.
- Creatures in nature possess a consciousness that is aware of its surroundings. Nature’s creatures cannot grow past their level. Human beings, on the other hand, are endowed with the possibility of being aware of their own consciousness. The human consciousness can change through awareness of it.
- We can live from a level of consciousness that is not separate from what it sees. What we see is not apart from our perception of it, and our experience is produced by what we perceive.
- In the awareness of our consciousness we can see what it does and understand it from another order of consciousness.
- The image that we have of the moment is inseparable from the identity that is derived from the image.
- The divided level of consciousness is always in conflict with itself. We usually don’t become aware of this until the pain reaches an unbearable level.
- When we say “I don’t believe it,” what we are really saying is, “I don’t believe I’m like that.” That consciousness can’t outgrow itself because it’s always in conflict with itself.
- Judging something is raising yourself in superiority above what is judged.
- Exercise: In the moment of an internal IDBI syndrome moment, can I use it to become aware of that consciousness that can’t do anything other than react

that way, and then let it sit there. Stay aware of the consciousness, instead of doing what it tells me to do. Turn 'I don't believe it" into "I want to see it."

- You cannot change the moment that you don't want by not wanting it.
- The more defensive you are, the less you are the image of yourself that you are defending.
- The condition that you are in is your reaction to the condition that you are in. The consciousness is complicit with the conditions that it doesn't want.
- Your experience is your level of understanding, which is not in thought.