



WEDNESDAY, JULY 28, 2021

## **Unmask the Dark Master of All Fear, Sorrow and Regret**

Key Lesson: Along the interior path, the aspirant must face what seems many separate temptations; but, in truth, there is but one. In the end, the root of temptation is the desire to see and to feel oneself as being "special"...the cost of which is to be thrown into conflict with anyone, or anything that threatens this image. Self-liberation is seeing this conflict for what it is: an almost ceaseless suffering born of identifying with an imagined self whose "dreams" dig and maintain every "pit" into which we fall. Agreeing to suffer the truth of this discovery is the same as being released from a bad dream we didn't even know we were having!

### **Talk Takeaways**

- The reason that we suffer uselessly is because we are not the masters of our own lives. Suffering has become a way of life, and hardly anyone sees it. The false self needs useless suffering in order to exist.
- The consciousness that feels imbalanced tries to regain balance through its own content.
- Any form of compulsion is suffering.
- The mind will destroy itself in order to prove that it is right.

- All negative reactions are born of an unconscious conflict between what I want and what life gives to me in that same moment. That is the principle source of conflict and suffering.
- There is no "you" that likes or does not like a moment. Rather, there is something that approves or disapproves by a process of comparing what has happened to what it thinks should happen based on a body of old expectations.
- Something tells us what is wrong so that it can feel right. What it calls right is the source of its suffering.
- The observer that does not want to see the observed blames its conflict on the observed. But the observer does not exist apart from that which it is judging.
- In any given moment there is something inside of us that can't wait to give its attention to what it sees as being for it or against it. That's what your attention becomes fixed on.
- We will never be free as long as an unseen master chooses our actions for us.
- A part of us never stops looking for what it imagines it needs to see in order to confirm its imagined ideas of itself.
- The work is to take what is not seen and bring it into the light to be revealed.
- Suffering is despising what you have to do in favor of what you imagine you should be doing.
- There is a dark master that says that it knows what is good based on what it says is not good.
- The actual circumstance is not what you suffer from. You suffer the consciousness that is responsible for your perception of the circumstance.
- You are going to have to agree to a new kind of suffering, which is to be aware of useless suffering.

- If you look for a way to make peace with your pain, you lose the possibility of being able to understand something deeper about it.
- Wanting people to treat you a certain way will most likely produce a result that is the opposite of what you expect.