



SUNDAY, OCTOBER 17, 2021

Take the First Step in Freeing Yourself from Painful Stress & Tension

Key Lesson: Part 1: So great is the need of the false self to feel "important" that it never stops imagining what it must have to feel that way; so that, by default, it lives in an almost constant fear of any moment it sees as a threat to its desired sense of self. And, as incredible as it seems, it uses this ensuing state of self-created tension as proof that the crowning moment it seeks is nearly at hand.

Part 2: The divided mind has but one love, and that is to divide life in two; nothing is sweeter to the lower level of consciousness than creating the sensation of feeling apart from all it sees. In this way, it always has something to do...because it never stops reaching for what it imagines it must have to make itself feel whole.

Talk Takeaways

- Conscience is the creator of any natural boundaries. Fear creates unnatural boundaries that are made to protect the consciousness that is afraid.
- The habitual reaction to something that bothers us is either fight or flight.
- We fight over what we want, and we take flight from what we don't want.
- If other people don't want what we want, then there is conflict.

- All the chattering in your mind boils down to what you want and what you don't want.
- There is no judgment without "want" and "not want." Judgment IS "want" and "not want."
- A "want" does not exist without a corresponding "not want," and vice versa. "Want" and "not want" are not separate. They belong to a single consciousness.
- There are natural needs, wants and preferences, but it becomes unnatural and painful when your sense of self, your identity, depends upon getting what you want.
- When you go into the moment with a want, you are creating a boundary to keep out what you don't want. "You cannot serve two masters, for you will love one and despise the other."
- If you want to be a real human being, then you can't be the unknowing slave of want/don't want.
- What is between want and not-want is what IS, which includes awareness of want/don't want.
- The experience of our life moment to moment is our reaction to what we want and don't want.
- The awareness of any condition in my consciousness -- that I was unaware of before -- changes my relationship to that consciousness.
- The very desire for security as it is imagined creates the very conditions that you are seeking to avoid. Trying not to fall is falling.
- Love is the end of separation. Love is the end of want/not want. Love reveals what is.