



WEDNESDAY, MARCH 30, 2022

Turn Painful Resistance into Self Realization and Be Set Free

Key Lesson: Any resistance to the revelation of some weakness within us is the weakness, so that, contrary to the way we now perceive these painful moments, the resistance we feel to any unwanted moment is not there to punish us, but rather to help polish unperfect the incomplete character within us that it has come to reveal.

Talk Takeaways

- The old idea of turning base metals into gold is a metaphor for the internal process of turning what is base in a human being into something more valuable
- The usual first reaction to any unwanted moment is one of resistance.
- We don't fear the actual moment, but instead we fear our mind's own interpretation of what the moment means.
- The moment that we don't want -- and our resistance to it -- are there to reveal what has been stirred in us by that same moment.
- Just because someone loves something does not mean that he or she does not experience resistance to it.

- We are the prisoners of our own perception of moments that we don't want.
- There is a difference between the initial resistance to a disturbance that makes us uncomfortable, and the reactions that come downstream that make us negative.
- The mind that registers the initial uncomfortable disturbance wants to know why it feels that way. This analysis feels necessary, but beyond what is practical it is unnecessary, and it leads to painful negative reactions.
- Any time that you are talking to yourself, you are sound asleep.
- The upside of resistance is that it reveals what you don't know about yourself.
- By its nature, every creature draws to itself the conditions that they need to develop.
- We draw to ourselves the conditions that are designed to show us what is hidden in our consciousness.
- The next time that you feel resistance to something that happens, see that something in you has asked for that very moment so that there can be revelation.
- Resistance can either help develop us, or it can destroy us. It is a question of awareness of the resistance, or being asleep to its presence.