



WEDNESDAY, MAY 11, 2022

The Real Reason Why It's So Hard To Start Life Over!

Key Lesson: Part 1: The only thing 1,000 failed attempts to start life over proves is that we're setting out from the same old place...mistaking it for the only place there is for us to make a new beginning. This is why we must have true self-knowledge because the journey to a new life begins within us or...not at all.

Part 2: Just as the eagle looks for open skies through which to soar, and the squirrel never stops looking for nuts to collect, and to take back home...so does the following hold equally true: the dreamer is always looking for something to dream, to rock itself ever more deeply asleep.

Talk Takeaways

- The urge to make a fresh start does not usually occur to us until we have hit bottom as a result of having been asleep in a dream.
- There is a purpose for every disturbance, but the sleeping mind does not know the true purpose, and so it searches its own library of content for an explanation.
- Disturbances would not be pushed away if we understood their true function.

- Where you have been and what you have done is not who you are... unless you fall asleep in a dream, reliving the past, and become a prisoner of the dreamer.
- We keep trying to make a fresh start within the very world that we want to get away from.
- No thought is the actual thing that is being thought about, and yet in the dream it seems to be real.
- The mind only knows how to deal with the present moment through the content of the past.
- As long as you try to make a new start in the world of dreams, the only thing that can happen is the reincarnation of the same dreams.
- When you identify with thoughts and believe that they are you, then you will obey whatever they tell you to do.
- There is no hell other than the one you imagine and then try to fix.
- The mind will finally stop trying to fix everything when you see that the pain you don't want to experience is produced by trying to escape from pain.
- Spiritual transformation is a process of discovering that you are not who and what you think you are.
- The awareness of our own internal spiritual captivity is genuine service to yourself and the world.