



WEDNESDAY, JUNE 1, 2022

See the Silver Lining Inside Any Struggle with Life

Key Lesson: Trying to assess, and then assign blame to the stress that exists between you and whatever you may be struggling with in life...is like trying to judge which side of the rope in a tug-of-war is to be blamed for the tension (in it).

Talk Takeaways

- Do our daily struggles with life serve us, or do we serve our daily struggles? The answer is that, presently, we serve our daily struggles.
- The individual components in nature often struggle against each other naturally in order to perfect nature as a whole.
- When something happens that we do not want, we typically struggle against the condition that seems to be against us.
- Struggle without awareness serves no good purpose. Whereas awareness of one side of an opposite struggling against the other can serve the good.
- If there is no end to struggle, in the sense of a struggle that appears naturally, then there is also no end to your possibilities if you can properly use the struggle to awaken.
- The more you imagine what you need to make yourself whole, the more you believe you can acquire something through struggling with an illusion.

- What we are actually always struggling with is a consciousness asleep within itself, divided against itself.
- There is the struggle for the love of something versus the struggle for the hope of gaining something from the world for yourself.
- We keep trying to change the things we are identified with instead of changing the consciousness that is identified.
- Instead of working to discover the silver lining in our struggles, we perceive the struggle as something that is trying to punish us.
- If I want the silver lining in the struggle, then I have to bring my attention into the consciousness that is creating it.
- The struggle to stop struggling only strengthens the illusion that the image you are struggling against is real.
- Use the onset of any resistance to turn your attention around and see what you are identified with instead of allowing that consciousness to blame its struggle on something outside of itself.