



WEDNESDAY, SEPTEMBER 7, 2022

The Unimaginable Power of Being at Peace with Everyone You Know

Key Lesson: Nothing makes us more common, more like all those we constantly judge, than being identified with a false sense of self that would have us believe that - by some "act of God" - we're so much better than all we see.

Talk Takeaways

- The reason that life has stopped being precious to us is because we live in constant judgment of everyone and everything.
- When you really want to understand something, you don't try to understand it with thought only.
- Our lives are presently shaped by incessant thinking and judgment, which is why our lives are misshapen.
- Have you ever found freedom from another human being by judging them? Has your judgment ever changed that other person?
- The judgment of others does not release us from the pain that we feel when we are around them. Rather, the judgment of others justifies and solidifies the pain.

- Resistance is a binding force, not a separating force. Resistance is negative attraction.
- The more judgment there is, the more attraction there is to the object that is judged.
- Every last moment of creation includes a certain kind of Divine suffering, which includes natural resistance. What is passive will always resist the touch of an active force that is acting upon it. That original resistance that is a part of creation has no name.
- Nothing is ever right to the judge. In fact, the judge can't exist without something that's wrong.
- Any name that you give to what you are experiencing -- so that you can recognize what is disturbing you -- is the first step to judging it.
- Judgment is a false reconciliation that seems like a finalized resolution that will end the disturbance once and for all. But on the contrary, judgment prolongs the disturbance past its natural appearance.
- A judge must always believe that it is superior to what is being judged.
- Painful relationships with other people exist because of judgment, which in a sleeping human being breeds more judgment. Despite its promises, judgment does not take the pain out of painful relationships.
- The moment that you judge something, you are separated from the revelation that is there -- and that you were intended to have -- in that same moment.
- This life is a constant pursuit of new understanding that you feel drawn to discover, and if you give yourself to it, then new understanding will replace old understanding, infinitely.