



SUNDAY, OCTOBER 2, 2022

Rise Above the Painful Experience of Any Unwanted Moment

Key Lesson: Do what's wise, then what's desired. In the Light of that order is balance maintained, and all things otherwise thought profitable realized, accordingly.

Talk Takeaways

- You cannot experience life in a new way unless you first SEE life in a new way.
- You cannot separate your sense of self from what you are attending to in any given moment.
- When you have your attention on something you don't want, then you will also have an experience that you don't want.
- The only reason that you get caught in any unwanted experience is because you do not understand the consciousness that is responsible for the experience.
- Whenever the mind meets a disturbance, it urgently asks, "What does that mean?" and "What do I need to do?"
- Wanting and not-wanting are the divided mind's attempt to re-establish peace.

- We believe that wanting or not-wanting a moment is how we separate ourselves from a disturbing condition. Instead, wanting/not-wanting binds us to the condition.
- Resistance to an unwanted moment is the same as giving our attention to the moment we don't want, which is the same as identifying with it.
- The whole basis of your experience of life right now is based on thoughts about what you want or don't want.
- Without self-knowledge, a person cannot do anything but be an instrument of the want/not-want level of consciousness.
- Real life is the experience of creation never-endingly giving birth to a new creation.
- We have never been aware of a negative reaction all the way to the end of it because we meet those reactions by not-wanting them.
- No reaction comes into this world that doesn't already have its own resolution built into it. This is part of the process of creation and rebirth.
- The intellect cannot see the full circle of itself. The awareness that is above and inclusive of the intellect can see the full circle.
- Peace has nothing to do with wanting and not-wanting. The peace that passes all understanding is part of the revelation of the whole of yourself, even when feeling disturbed.
- Don't get caught in the intellect. The intellect is useful, but our task is ultimately about seeing something, not thinking about something.
- Only when you come to the end of something do you discover that there is no end.