



WEDNESDAY, DECEMBER 28, 2022

Discover Your True Self on the Other Side of Thought

Key Lesson: The more answers you add to your "box of solutions" the smaller it becomes.

Talk Takeaways

- You cannot be aware of what's going on in another person's consciousness without being aware of your own.
- There is a field of awareness in which there is no separation between the observer and the observed.
- When you resist something that you see, what you are actually resisting is the content of your own consciousness.
- Blame is the same as refusing to see anything other than the side that you have been given to see.
- There can't be anxiety without some form of insistence, and there can't be insistence without being identified with something.
- Every disturbance in consciousness appears with a question regarding what one needs to do to resolve the disturbance.

- The answers to disturbances that are provided by the divided level of consciousness are always pointing to a time to come.
- Your experience of the moment is your consciousness and what it is aware of. The moment does not exist with consciousness of it. There is nothing outside of you that is separate from your consciousness.
- On the other side of resistance is the understanding of how futile it is to fall into resistance.
- Everything the mind pursues to bring an end to its pain only serves to keep the pain alive.
- Learn to sit in the sanctuary of the awareness of your suffering. Find out for yourself what is on the other side of the pain, on the other side of the resistance.
- The answer is within the awareness of the disturbance, not within what you are tempted by the disturbance to do in order to escape from the disturbance. The antidote is in the venom.
- Every moment is giving you the answer to the question of who you are. You can only find who you are by being present to yourself.
- It is impossible for a person who is in conflict to be innocent. Innocence is the negation of ambition.
- You will understand what you sit with. You will never understand what you run from.