



WEDNESDAY, FEBRUARY 8, 2023

Use Any Troubling Moment to Realize the Truth that Sets You Free

Key Lesson Part 1: All careless actions are the creation of an unconscious nature unable to care about anything other than what it wants...which always involves how to resolve, or otherwise avoid dealing with the outcome of the last careless action it took!

Key Lesson Part 2: Identification is self-inflicted suffering of the unconscious kind.

Key Lesson Part 3: Just as it's impossible to start a fire without something to ignite it, so it is impossible for us to fight with any moment without first being identified with the unconscious nature that incites that conflict.

Talk Takeaways

- Your experience of life cannot be separated from what your consciousness is attending to in each moment.
- It seems natural to give our attention to whatever it is that asks for it. This is how we so often end up experiencing so-called unwanted moments.
- The unattended mind never stops looking for something to judge.
- Familiarity breeds contempt as the mind revisits and resists the very images that it has created.

- The mind is already conditioned to resist conditions that do not unfold as expected. The mind then says the conditions are the cause of the subsequent negativity.
- The lower consciousness loves the painful sense of self that comes with reacting negatively to unwanted moments.
- The clearer you see that your experience of life depends upon what you are attending to, the less likely you are to blame conditions for the way you feel.
- The acronym "BCOMI" (phonetically: "Become I") from the doctor story stands for "Bad Case Of Mistaken Identification."
- Somewhere beneath the negativity and painful resistance to an unwanted moment is a bad case of mistaken identification.
- Everything that you identify with as the source of your security is actually the source of your fear.
- Instead of allowing resistance to trigger a negative reaction, use the resistance to the condition for revelation of the consciousness that has been stirred by the condition.
- You are stuck in not wanting what does not exist without what you want. In other words, what you DO NOT want does not exist without what you DO want.
- Be the willing witness of the consciousness that is set against itself through not wanting the very image that it is identified with.
- Freedom is not an achievement. Freedom is the expression of a living relationship with creation as it reveals itself.
- What is open to real life never comes to a conclusion. The consciousness that is closed is a captive of its own knowledge.