



WEDNESDAY, APRIL 12, 2023

Step Over the One Great Stumbling Block to Self-Liberation

First Key Lesson: A great spiritual mystery: self-liberation is either found within what we're given to see, or not at all; the only thing we escape when running from any unwanted realization is the possibility of discovering its Divine purpose...whose revelation is the same as transforming and transcending it.

Second Key Lesson: Resistance reinstates whatever is resisted, so that the more we sit in judgment of any character we don't want to see (in ourselves), the more assuredly we sentence ourselves to suffering it again...and again.

Third Key Lesson: The unconditional acceptance of what we're given to see is true about ourselves in the moment is the only way to end the conflict that we have with any moment that reveals to us what we don't know...and don't want to see is true about ourselves.

Talk Takeaways

- When you are afraid and you listen to what that fear tells you to do, then fear is your guide and your god.
- Until you know what is beyond fear, you will not know what is beyond death, because there is a connection. If you live in fear of death your whole life, then you do not have a life.

- Human beings are the very source of the thing they say makes them suffer.
- "The only one who adds to the spiritual wealth of humanity is the one who has the strength to become what he is." -- Attributed to Elie Faure
- What we are actually experiencing in any moment of conflict that we blame on something outside of us, is ourselves.
- The cause of negativity is the unconscious conflict of trying to do the impossible: trying to escape the experience of being who you don't want to be.
- It is impossible to fight with another human being if you understand yourself.
- Everything that is wrong with every unwanted moment is that I don't want to be me. The question becomes: Is there something beyond not wanting to be me?
- The problem is not in life itself, it is in a consciousness that thinks it knows what life is supposed to be like.
- The pain in the moment isn't caused by the moment. The pain in the moment is in the resistance to the moment.
- What we don't want is kept in place by not wanting it to be there. Denial of what is revealed is the continuation of what you deny.
- The divided consciousness is in a ceaseless state of war with itself, falsely believing that it is at war with something outside of itself.
- The inability to sit still stems from not being able to bear being you.
- You can't be any more or less than you are in any given moment, but something in you is always trying.
- The conflict in the moment is the resistance to seeing and being what you are.

- Accepting what you see about yourself does not mean that you are supposed to "love" what you see. The task is to be willing to see what you are given to see.
- The task is not to be perfect. The task is to see ever-more perfectly.