



SUNDAY, APRIL 16, 2023

Uncover the Secret Treasure Hidden Between Every “Rock and a Hard Place”

Key Lesson: Never run from any moment you don't understand, as whatever your conflict may be in that moment with life...(it) will be waiting for you when, and wherever you come to a stop.

Talk Takeaways

- A true teaching shows an individual where he or she is complicit in their own unnecessary suffering.
- A new "body" is necessary in order to move from a lower, limited world into higher, more inclusive world.
- The acronym "SBARAAHP" in the doctor story stands for "Stuck Between A Rock And A Hard Place."
- If you feel like you are stuck between a rock and a hard place, it is the consciousness itself that is the rock and the hard place at the same time, even as it struggles to escape from the pain of it.
- The two masters that Christ spoke of, in which you will love one and despise the other, is the consciousness of desire, which is want and not-want at the same time.

- The conflict is that the divided consciousness wants and doesn't want at the same time. The pressure between want and not-want produces a strong sense of self.
- In order to be who you believe you need to be, you are forced to pursue things that you want and reject things that you don't want.
- A plan to get to a destination that you want provides a sense of self that imagines it will be free when it gets there.
- The divided consciousness dreams of freedom in a time to come, and then dreams about how to escape from its own dream.
- Anything other than witnessing the divided mind is the same as getting caught between the opposites, pursuing what that mind wants and running from what it doesn't want.
- We can't really escape from what the consciousness doesn't want. That is an illusion. The more it tries to escape, the more that it binds itself to the thing it doesn't want.
- The existing relationship we have with the moment will never change our experience of the moment. A new relationship is required that is beyond, and yet includes, the opposites of want and not-want.
- Stay aware of the peak resistance between desire's opposites of want and not-want. That is what changes your experience of the moment.
- Psychological time is the distance between who you don't want to be and who you think you need to be.