



FRIDAY, JUNE 23, 2023

Discover the Light that Sets You Free in the Heart of Any Dark Moment

First Key Lesson: The size and strength of any anxious, or otherwise tormenting reaction is no bigger or stronger than the extent of our resistance in the moment of its appearance. It's always the shadow we don't want that engulfs us.

Second Key Lesson: True spiritual freedom is the complete – moment to moment – unconditional acceptance of the experience of oneself.

Third Key Lesson: One who dwells in the middle, who “walks” the middle path makes nothing, nor does anything...But who is, nevertheless, all things made, seen, and realized all at once.

Talk Takeaways

- If you believe that you can lose your freedom, then you never had it to begin with.
- We are that which is used by the Divine, or we are not. If not, then there will always be an anxious attempt to achieve what freedom is imagined to be.
- Conflict in nature strengthens the whole of nature so that it comes out it more complete. Conflict for human beings always leads to more conflict and weakness.

- Every form of psychological struggle is secret egotism.
- In order to be free, we are going to need to realize an entirely new relationship with resistance. We are going to have to understand the role of resistance.
- Resistance is a component in the process of creation itself. Since that is so, how can resistance be against creation?
- Everything that is created is already one with that which created it. We presently do not know that because of the ambition to create a life that is imagined.
- Creatures in nature have no choice but to accept every condition that they meet. Human beings can choose whether to accept or reject the condition and the revelation that comes with it.
- Can unconscious resistance be used consciously? That is the question.
- What we really need is a purer and stronger understanding of resistance. What we do not need more of is how to feel better about ourselves or how to fix the world.
- Our familiar level of consciousness has been trying to transform resistance into a life that does not have resistance in it.
- Agree to enter into "Its" suffering. It is not your resistance and it is not your suffering. It becomes useless suffering when the true purpose of the resistance and your true role is not understood.
- The moment there is resistance, there is revelation. In the moment there is revelation, there is the possibility of transformation.
- Our possibility is to be the witness of the perpetual transformation of resistance.
- There is no freedom for human beings who defend their nature. There is freedom when that nature is revealed.

- The darkness believes it is the light as it judges what it perceives to be separate from itself.