



WEDNESDAY, JUNE 28, 2023

A Glimpse into the Unseen Source of All Psychological Suffering

First Key Lesson: Hidden deep within every desire there dwells an unseen fire; handle carefully...if you don't want to get burned.

Second Key Lesson: A divided mind is the breeding ground of self-defeat; not only is it incapable of seeing its own contradictions, but then it struggles with them in a futile attempt to free itself from a conflict that wouldn't exist if it didn't first create it somewhere in the darkness of it.

Talk Takeaways

- The divided state of our consciousness is always struggling in some form of contradiction.
- Desire itself is a formulation of the opposites.
- The original definition of the word "Mammon" pertained to an endless desire for possessions.
- The wreckage of desire are the psychological strings that come attached to any desire that we are not aware of.

- A negative reaction knows exactly what is the cause of its negativity. That certainty is inseparable from the resistance to the object that is being blamed.
- Resistance continues to appear as it does because we don't understand the nature of it.
- The thing that is dominating you in any challenging moment is not the condition itself, but the unseen resistance to the condition.
- Resistance is the unseen half of every desire. The moment you love one half of what is desired, you despise the other half.
- You can be aware of resistance before it turns into insistence that things turn out as the mind imagines.
- Identification produces a momentary identity, and identification is the same as desire.
- The more you don't want to see some particular thing about yourself, the more you are identified with it.
- Keep your attention where it belongs, which is on the resistance itself, not on what the resistance is pointing to. Then the resistance is revealed.
- Into the soul creeps the idea of a self, a special self. So the natural inherent longing of the soul is slowly corrupted into a desire to be someone special.
- There is no conflict wherever the observer and the observed are realized as one.