



WEDNESDAY, JULY 12, 2023

See Through Self-Limiting Beliefs and Bring an End to Useless Suffering

Key Lesson: Only in our awareness of a weakness - by our ability to sense the presence of any negative, or otherwise self-denigrating thought or feeling - is found the strength we need to die to this lower level of self that, otherwise...lives to ensure that we accept its limitations as being our own.

Talk Takeaways

- How much time and effort has humanity spent trying to figure out how to be free of fear and suffering? How is humanity doing?
- The source of psychological pain will never be resolved through belief in a time to come. Instead, genuine resolution is found by seeing through the whole idea that it is necessary to have a belief.
- The only way the mind knows to deal with what it doesn't want is to explain to itself why it doesn't want it, and then tell you what you need to do to get rid of it so that you will be free of it as soon as possible.
- Beliefs go before us to create false demands that they say must be met by the outside world. False demands then give rise to feeling threatened by anything or anyone that does not conform.

- We rely on beliefs to save us, when really it is the beliefs themselves that we need to be saved from. Beliefs turn out to be the very source of suffering.
- No belief can be separated from its desire which is its silent partner. Beliefs are passive desires.
- Can there be conflict with another person without entering into the interaction with a belief that the interaction unfold as planned?
- Whenever there is a disturbance the mind asks, "... But who will I be unless I have a belief I can rely on to save me?"
- A root belief we all suffer from is that something or someone outside of us is the cause of the pain we are in.
- Who you really are does not need to be saved, which means that who you really are does not require beliefs.
- A root belief is that pain and suffering will be resolved in an imagined time to come when conditions will finally come together for us.
- The task with the appearance of negative states is not to figure out how to escape from them, but to see through the belief that escaping from them is the right course of action.
- Beliefs are buffers that keep human beings from seeing the truth of themselves as they actually are. There should be no buffer between you and revelation.
- Humanity tries all the time to make what it believes in come true. Even if it is able to manifest what it desires, the manifestation will never provide the everlasting fulfillment that the desire promised.
- The belief that it is not enough to be myself as I am: that is a prime source of all the pain.