



SUNDAY, JULY 16, 2023

Free Yourself from the Circle of Conflict with Friends and Family

Key Lesson: Part 1: Whenever you make someone else's karma your own, you'll always blame them for it.

Part 2: An incomplete mind creates incomplete actions; incomplete actions have consequences.

Part 3: Word made flesh...or, "war" made flesh; that's the question that sits at the heart of every moment of life, whether it is wanted, or not.

Talk Takeaways

- The consciousness that is the present state of humanity keeps trying, in vain, to create a kingdom of heaven for itself.
- When we take the thought to be the thing, then we have belief in the thought.
- People who act cruelly are themselves acting from an inner cause that they know nothing about.
- The more you want something or someone, the more that thing or person will resist you.

- The divided level of consciousness believes that cause and effect are only an experience that happens in time. Spiritually speaking, cause and effect are instantaneous, independent of time.
- We have the capacity to be aware of the fact that cause and effect are not separate.
- The only thing that troubles you about another person is what you want (or don't want) from them.
- The mind believes that it always knows the cause of its pain, when really it does not know anything about cause.
- Where does anger, fear and anxiety begin, and where do they end? If you want something to end, it never will. If I want something to begin, it can't, at least not purely. The ambitious mind is always in search of beginnings and endings that it believes will free it from suffering.
- The fact that you want to be free of pain causes the pain to push back against you.
- No one who is negative believes in that moment that they are an unconscious effect of their own conditioning.
- Every reaction that you have that goes unseen becomes a buffer between you and the awareness that cause and effect are not separate.
- Negative states are the result of a misunderstanding of who you really are, your true nature.