



WEDNESDAY, AUGUST 2, 2023

## **Release Yourself from the Pain of Paralyzing Resistance**

Key Lesson: There is no new resistance; regardless how "fresh" the nature of a negative state - be it fear, anger, frustration or regret - the only thing that's actually changed in any seemingly new painful moment is what's being blamed for its appearance.

### **Talk Takeaways**

- The sleeping mind convinces us that something outside of us is to blame for whatever feeling -- "good" or "bad" -- is coursing through us at any given moment.
- The sleeping mind is always trying to find itself in conditions outside of itself.
- Resistance nullifies all of the higher qualities and faculties that we have the potential to be in relationship with.
- Unconscious resistance to any condition takes place because we entered into that moment with insistence that the moment unfold as planned. Insistence and resistance do not exist apart from each other.

- We don't walk around deliberately thinking that we should enter into each moment with a demand as to how the moment should go, and yet we resist any moment that does not conform to the demand.
- There is no expectation without identification.
- The futility that we experience is not caused by anything outside of us, but instead it is the result of the futile attempt to escape from our own consciousness.
- Insistence is inherent in the consciousness before the condition that comes along to challenge it.
- The event that is resisted reveals the consciousness that is a captive of its own insistence.
- Everything in existence passes, including unwanted moments, but only if we will let them.
- There is nothing more unnatural than dwelling on something that you don't want. It is not written that you must suffer over unwanted moments the way that you do now.
- Conscious suffering is the realization that an unconscious nature never stops trying to find solutions to its own unconscious suffering, and then bearing that nature by not agreeing with its solutions.
- When unseen resistance is in charge, we are caught in the fog of war and justified in the negativity.
- Our first task in life is to remember to remember the truth of ourselves.
- Instead of going along with the flood of resistance, deliberately relax from it. Relax from and observe the thoughts and feelings that are demanding that you do what they say.

- Do what is in your power, and refuse to do what is not. It is not in your power to change the resistance you feel, but it is possible to change your relationship to the consciousness that is responsible for the resistance.
- Instead of acting from resistance, act from what you understand is true about resistance.
- The sleeping consciousness sees everything it experiences as being separate from and outside of itself. In reality the sleeping consciousness is what it is experiencing.
- You cannot resolve resistance with thought because thought is what produces the resistance.