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The One True Solution that Dissolves Unconscious Suffering

Key Lesson: Real life never stops starting over; but, before we can step foot in this timeless new kingdom - and know any portion of its unencumbered freedom - we must agree to step out of the world of dreams, and leave behind us their endless illusion of a "better time" to come.

Talk Takeaways

- If we are ever going to reach the end of unconscious suffering, then we have to uncover the true interior cause of the suffering.
- Have you ever noticed that you are grateful when you wake up from a bad dream and realize that it was just a dream?
- To live in fear of another person, to have an enemy, or to hate anything in life, is to be asleep in a bad dream. Identification with any negative state is a bad dream. Negativity is the same as a dream.
- The principal motive behind all temptation is the attempt by the divided consciousness to complete itself.
- Negativity always talks to us about why we have the right to be negative.
- The one who is dreaming pushes back against anything in life that tries to wake up the dreamer.

- Everything that happens in a bad dream only serves to prolong the continuity of the dream. The more the dreamer tries to escape from the dream, the more that the dreamer believes that the dream is real.
- The one solution to unconscious suffering is to awaken from the nature of a consciousness that only knows to dream in order to create its false identity and all of the things connected to it.
- Hatred can only exist in a world of people who dream that they are loving.
- Resisting a negative state only serves to add fuel to the negative state. Unseen resistance and negative states come together.
- If you can wake up from a dream once, then you can wake up twice, and again and again until you are watchful enough to catch yourself before you fall asleep.
- You don't need power to awaken from a dream. Everything you do to find power only serves to empower the dreamer and strengthen the illusion of his or her dream.
- Any path that is known cannot lead you home. All of the content within the dream -- that seems real -- is the same as the known.
- Awakening is what happens every time life touches life.
- Dreams promise simplicity, but deliver complexity. Whereas, there is nothing more natural and simple than waking up from a dream.