



SUNDAY, AUGUST 13, 2023

The Keys You Need to Free Yourself from the Prison of the Past

Key Lesson: Negative reactions - in fact any form of painful resistance - prevail only when we fail to remember it is - at once - our Divine right, and our work to transform, and transcend them.

Talk Takeaways

- Without being able to see the big picture, we are lost. And negativity can only see its particular enemy of the moment.
- The divided consciousness derives a strong identity through resistance and its attending negativity.
- We have learned to live with unconscious suffering to a large extent, until the pain reaches a level at which it can no longer be denied.
- Negative identification is the unconscious giving of ourselves over to the moment we don't want.
- As our resistance to an unwanted moment grows, along with it comes more solutions to escape the moment, solutions that are always somewhere outside of ourselves in a time to come.
- The moment that is unwanted is secretly serving to reveal the consciousness that doesn't want it.

- A resistance-induced prison is the consciousness caught in the circle of not-wanting what is, and at the same time dreaming of what it does want to rescue it from its suffering.
- Our familiar sense of self is anchored to a legion of points in time, in which there is identification with thoughts, feelings and images that provide a temporary sense of security.
- Resistance is an old memory, revitalized and resurrected. The condition does not create the resistance. The condition, the event, is an active force that reveals what is passively there to be revealed.
- Any time we protect ourselves from a fear, it is fear that is doing the protecting, which is really the antithesis of protection.
- Beauty is a moment of recognizing that there is no difference between the observer and the observed.
- There comes a point at which you don't have to ask yourself questions anymore, because everything needed to be revealed is already there for you to see in each and every moment.
- The consciousness that is responsible for the resistance tells us that it has the solution to the resistance that it has created.
- The search for comfort is inseparable from our demand for security, and the demand for security is one-hundred-percent conditioned, identification with a memory.
- Every time a negative state appears, it whispers to you about all of the ways that it is justified in its negativity.
- We have become creators of experience, which is far removed from our true role, which is to experience creation.
- The more you don't want a condition, the more likely you are to get involved in it, through your attention being focused on what you don't want.

- The proper thing to do with resistance is to become attentive to the mechanism of it. On the other side of the resistance is the revelation of its source. The obstacle that resistance formerly was becomes a doorway.
- The only real release is through revelation. Anything else is resistance disguised as release.
- The mind that says "I'm stuck" is in love with the feeling of being stuck.
- We have to outgrow images if we want to have a real relationship with life.
- If you are present, the action to take is inherent in the awareness.