



WEDNESDAY, AUGUST 16, 2023

The First and Last Step to Self-liberation

Key Lesson: One of the ways the unconscious, divided mind hides the pain inherent in its conflicted nature - not to mention its inability to bring an end to its suffering - is by repeatedly condemning itself for doing, repeatedly, the very thing it keeps telling itself it doesn't want to do again.

Talk Takeaways

- Every step along the way to liberation is the same step: seeing the truth of yourself as you are in the present moment.
- Not one good thing has ever come out of impatience, irritability, resentment, or any other kind of negative state.
- We are not the way that we currently are because of any other person, any circumstance, any event, nor because of anything else outside of us.
- The divided consciousness that seeks for relief outside of itself in a time to come has never found the relief it has been looking for.
- On the surface it seems that resisting conditions proves that we want to find freedom from the conditions that we resist, from the pain that these conditions seem to thrust upon us.
- What we really want is to be free of who it is, the divided level of consciousness, that reacts to the condition and blames the condition for the

pain. What we really want is to be free to not be "me" in the moment of challenge or crisis.

- The condition reveals the pain that already exists in the conditioned nature. It is that nature's incomplete perception that is the cause of the pain.
- Blame happens when you can no longer stand the experience of yourself.
- When there is resistance to the moment there is a distinct sense of 'I' that is certain that it knows what should be happening in the moment.
- The divided level of consciousness does not know what to do with itself if it is not dreaming up a plan to save itself.
- The last thing the mind wants to do is go beyond the reasons that it has for its suffering. The pain in the moment is that it knows how the moment should go.
- The self that is endlessly hoping for a better, brighter tomorrow, for itself first and foremost, is actually bitter and dark right now in this moment.
- Every thought that you take for tomorrow is the pain of today. Thought cannot free you, even though it thinks it can. But there is an awareness higher than thought that is already free.
- Real prayer begins when the human heart understands that it is pain that has led to the prayer.
- Freedom from the state of not wanting to be you begins by seeing and consciously suffering the you that you don't want to be.
- Thinking creates experience from the content of the mind that is doing the thinking. If we want to come to the end of unconscious suffering, then we don't want to create our own experience through thought. What we really want is the experience of creation.
- If we really want to be free of having enemies, then we are going to have to die to the enemy-maker.