



SUNDAY, SEPTEMBER 3, 2023

The Strange and Sad Truth About the Sickness Called “Self-Love”

Key Lesson: Part 1: Just as we are attracted to what we want, primarily for the strong sense of self derived from that desire, so is it true that we are drawn to what we don't want...for the same reason. Our unconscious nature cares only for what serves to confirm it - as it imagines itself to be; so, for that nature, the whole idea of having either a positive image in which to revel, or some negative image that it summarily rejects, is an afterthought. The only thing that matters to this lower level of self...is that it has a mirror in which it can gaze upon itself to its heart's content.

Part 2: Creating, and then identifying with its own negative reactions is one of the ways the "false self" works to hide the truth of its essential nothingness...from itself.

Talk Takeaways

- Each negative state that we currently act from comes with an incredibly strong sense of self whenever that weakness appears. The real root of the weakness is the identification with the state.
- We draw a strong sense of self from the very weakness that we say we wish to be from from. There is an addiction to resisting the weakness.
- There is nothing real that happens when we revisit the past in the hope of changing what happened.

- Temptation is the attempt to complete ourselves through something we have imagined. But it always proves to be incapable of completing anything.
- Identification is the greatest weakness there is, because to be identified with anything is to be unconscious and not know it.
- Painful identification continues because that nature wants the continuous sensation of itself.
- Narcissus could not look away from his own reflection because he was afraid that if he looked away he would cease to exist. Self-love is what led to his own destruction.
- Where is your attention when you can't stand something? On the thing that you can't stand.
- Being fascinated with your own reflection is the same as being fascinated with your own weakness.
- Can we be free from any creature that we continue to feed? No, we can't, but we feed what we don't want through our unconscious resistance to it. Resistance is negative attention.
- The mind projects the very things that it then feels threatened by. Only something divided and not aware of itself could do that.
- Don't be afraid to see and feel that you are attracted to people and things that you say you don't want.
- Dying to yourself means dying to the fascination of the image of yourself and the strong sense of self that comes out of that.
- Authentic fearlessness comes naturally out of understanding that there is no conflict without identification.
- The task is to see. The task is not to try to be or to not be, or to change what you see.

- There is no end to what you can explore because, at the same time, there is no end to the explorer.