



WEDNESDAY, SEPTEMBER 6, 2023

Open Your Eyes and See Beyond the Fearful Self!

First Key Lesson: To resist, and then avoid the unwanted appearance of any limitation in our life is the failure that we fear in that same moment. There is no other failure than to live in fear, and it exists only in the (self-inflicted) isolation of unconsciously identifying with any form of negative imagination.

Second Key Lesson: Resistance is slow-setting concrete; where the more we don't want (to see) some moment in our life, the more inflexible becomes our reaction to it, making it harder and harder to see it in any other light.

Talk Takeaways

- Demands that you make on other people and on the world, that end up leading to your own misery, cannot possibly be your own.
- Demands that you believe originated with you were acquired by the divided consciousness that habitually looks outside of itself in order to find something that will complete it.
- "The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness?" -- New Testament

- Our single greatest limitation is not wanting to see. And yet hidden within our greatest limitation is our greatest strength. "The antidote is in the venom." "And the light shineth in the darkness; and the darkness comprehended it not."
- Instead of being aware of what we need to see about ourselves in a disturbing or challenging moment, we are given something else to look at, the perceived cause of the negative experience.
- To be responsible for my suffering would be to recognize that it is a lie whenever anything tells me to look outside of myself for the cause of my suffering.
- In its unawareness, the mind projects images that it then fears and seeks to find freedom from.
- When you are irritated with another person, the truth is that what you are really looking at is yourself, your thoughts about that person, and your past experience with that person.
- We can't take our eyes off of what we don't want to look at. This consciousness can't take its eyes off of what it gives itself to see, because what it gives itself to see validates itself as the victim and provides a strong sense of self.
- We resist what our own mind is attending to. And when that happens we cannot see the resistance. If we can see it, we can use it. When we can't see it, we are used by it.
- Spiritual sleep is not wanting to see. Spiritual awakening is being willing to see what you don't want to see.
- No one suffers more than the person who blames other people for his or her suffering.