



WEDNESDAY, SEPTEMBER 13, 2023

Welcome This Healing Truth and Outgrow Whatever Troubles You in Life

Key Lesson: Trying to change any unwanted condition without first awakening to, and then realizing the nature of the consciousness responsible for creating it...is like blaming a mirror for what you don't like seeing (in it).

Talk Takeaways

- You are relieved from the false responsibility of trying to fix yourself or others when you understand the true root and meaning of the disturbance.
- The problem is not what you see in the mirror. The problem is that there is something in you that believes that what you see should not be there.
- Truly outgrowing something is not the same as imagining some other new identity to grow into.
- Identification with anything at all is the root of all unconscious resistance.
- Though it may seem like the intelligent thing to do at the time, judging yourself does not prove that you have outgrown what you just did.
- A negative reaction seems to be an active response of your own that is directed towards a disturbance, but it is a passive mechanical response stirred to the surface by the disturbance.

- Addictions occur in a divided nature that desires the very thing that it doesn't want.
- What we really need to outgrow is the consciousness itself that reacts mechanically in our unawareness of it.
- "I will go before thee, and make the crooked places straight: I will break in pieces the gates of brass, and cut in sunder the bars of iron: And I will give thee the treasures of darkness, and hidden riches of secret places." -- Isaiah, Old Testament
- When you have an insight or epiphany, you are growing into an understanding that was already there.
- The light of awareness already recognizes the limitation of the consciousness that it is aware of.
- A secret sense of superiority hides itself within the modern-day idea of "tolerance."
- The consciousness that blames the pain on something outside of itself does not know that it is what needs to be outgrown, not the circumstance that is being blamed. The circumstance is not separate from the consciousness that perceives it.
- How many times are we going to "put on" a negative state or some other kind of suggested reaction, believing that it is the right reaction to the moment we are facing?
- Regrets are proof that something in you would rather relive the condition that makes you feel bad, rather than outgrowing, through awareness, the consciousness that brought about the condition in the first place.