



WEDNESDAY, SEPTEMBER 20, 2023

Overthrow the Unseen King of Useless Actions and Start Ruling Your Own Life

First Key Lesson: To see that “taking thought” leads to naught...is the beginning of the end of all useless solutions.

Second Key Lesson: Until we can see that the pain of unconscious resistance marks the end of the path taken to that point, we will never be able to see, let alone realize the possibility of discovering any other path past that moment.

Talk Takeaways

- To belong to the greater life that is eternal is the source of real joy in life.
- The real interior work is about helping a person remember what they have forgotten about what is true.
- The joy of being in the right place at the right time, doing the right thing, is that the moment is complete in itself. There is nothing residual.
- Psychologically and spiritually speaking, the only thing we ever suffer uselessly from is self-ignorance.
- If you are suffering uselessly in any moment, it is evidence that you do not know what is true, even though you may be certain that you know.

- If you knew that you could not fix something, how long would you continue to invest yourself in promises that you can fix it?
- The mind gets quiet when you see and stop engaging in thoughts that seek to reconcile problems that those very same thoughts created in the first place.
- Many things about your life will change if you just stop talking about your problems.
- Ingratitude comes from a mind that compares the moment as it imagines it should be to the reality of the moment.
- The act of fawning in order to gain the approval of others is born out of fear of rejection.
- Unconscious resistance has 10,000 disguises, blame being one of the favorites, which is why we don't recognize the resistance when it appears.
- Every useless action is born out of an unconscious relationship with resistance.
- Some of the disguises that resistance uses in order to hide itself include: blame, protecting yourself, justifying, passive aggressiveness, over-reacting, enabling others, pretense, confusion, and complaining.
- The joy of discovering what is beyond resistance is unimaginable because it is not found in the opposites. It is found in the end of the imagined self that comes out of those opposites.
- There is essentially nothing more useless than a negative reaction that you are identified with.
- We are currently more interested in looking for things to DO, instead of discovering what we ARE.
- When there is no separation between the observer and the observed, there is Being. There is no division in being what you are.