



WEDNESDAY, SEPTEMBER 27, 2023

Set Down Your Struggles and Be...Free

First Key Lesson: You can't learn how to be; it's impossible. But you can see through the futility of the endless struggle to make yourself (feel) real. So, yes: it's hard to die to the hope that some time yet to come holds the key, but it does get easier the more you realize that whatever freedom you've imagined...doesn't exist without the fear that it doesn't.

Second Key Lesson: There are no words for "Being." All words are conditional creatures trapped in time, whereas Being is a timeless, unconditional creative action; it is not a result, and never imagines - let alone struggles - to arrive at one.

Third Key Lesson: Until the giant of Insistence meets its brother, Resistance, there is no time to come when we will be able to escape the pain of either one.

Talk Takeaways

- The meaning of the passage "Sell all and follow me" pertains to selling the psychological possessions of your past and your future.
- The hope in a time to come in which you will be free is the very prison you are in now.

- If you complete the moment, then you complete yourself. If you don't complete the moment, then you are tied to an incomplete nature seeking to complete itself in a time to come.
- The divided consciousness places a demand on the moment prior to the moment appearing.
- Struggling with something always comes with the feeling that something is opposing you. Something is opposing what you want.
- Psychological struggles are the attempt to regain a freedom that you believe you previously possessed, but that has now been taken from you. The struggle to be free is the captivity.
- Something within our consciousness creates the very conditions that it then blames for taking away its freedom.
- You cannot separate unconscious resistance from an insistence that the moment happens a specific way in order for you to be free.
- Anxiety arises when there is identification with imagination about a time to come that might clash with the insistence about how life should unfold and how people should behave.
- The only reason why you snap at another person is because of the perception that he or she is threatening to take away your freedom.
- In order for there to be a psychological struggle, there must be a "you" in it. It is "you" that picks up the struggle.
- Whenever we can remember, we can command whatever we are struggling with to tell us the truth about its nature.
- Every identification that we harbor becomes resistance to a condition at some point in time.
- Just set the struggle down, and realize that you are already free by seeing that there cannot be a struggle without a "you" that believes it is not free.

- Any struggle to be free is also the creation of psychological time, which includes a "you" that only thinks about itself.
- The fear of not being prepared is connected to insistence that others see you as someone who always knows what he or she is doing.