



SUNDAY, OCTOBER 1, 2023

How to Go Beyond Any Fearful Moment

First Key Lesson: The real reason life feels like it's so full of hard choices that we have to make is because, in our spiritual sleep - and in the dreams we dream therein - we stand between a self-created "rock and a hard place": a perpetual captive of the unconscious conflict born of struggling - in vain - to protect what we first imagined we must have to be free... from its unseen opposite: an equally imagined fear... that we might lose it.

Second Key Lesson: The condition we don't want - whatever its nature, regardless how dark or painful it may seem to be - is inseparable from the level of consciousness that resists or denies its presence.

Talk Takeaways

- Every thought that you have about yourself, and what you should do to improve your place in life, is a waste.
- You cannot complete the moment without at the same time completing yourself. They are one and the same thing.
- If you keep repeating the same experience, it means that you have not really learned the lesson that comes with the experience. Spiritual lessons ride in on the back of events.

- Each person's individual lesson is intended to serve a universal purpose that reconciles the whole body.
- As long as my relationship to a moment of disturbance remains the same, and I think I know the reason for that moment, then I will never know the real reason for the moment, let alone the lesson in it.
- There is no chance of any real inquiry into the actual purpose of a disturbance as long as it is unconsciously resisted.
- The sensations that are created by the ceaseless denial of every moment is what humanity now calls "life."
- If "the antidote is in the venom," then where are we going to find the solution to the storm of thoughts and feelings during a moment of disturbance? In the center of the storm.
- Whatever remains unexplored and unknown in ourselves is stronger than we are.
- The real enemy of humanity is ignorance of ourselves, and it is in that ignorance that all other enemies are created that we then fight against.
- Unseen resistance happens when consciousness divides itself out from what it perceives.
- Resistance is universal and is not bad. It is one of the creative forces of life. When we are not aware of resistance, we are misdirected by it. When there is awareness of resistance, it is used for the greater good.
- Deliberately dive into the darkness and the pain that you have up until now avoided your whole life.
- You want what understanding gives you, instead of wanting what understanding itself is.
- In understanding the waves that are part of the ocean of life, what you formerly fought against now serves "you," i.e.: the greater good.

- Be aware of the onset of resistance, instead of allowing resistance to tell you what to be aware of and what to do about it.
- You cannot give a label to something without judging it at the same time.