



WEDNESDAY, OCTOBER 18, 2023

The Power to Walk Away from Any Painful Unwanted Moment

First Key Lesson: Any action we take initiated by resisting some unwanted moment ensures the continuation of an unconscious, deeply conflicted nature so asleep to itself that it can't tell the difference between struggling to escape a prison, and not walking into one in the first place.

Second Key Lesson: There is no resistance without identification. There is no identification without desire. So that desire, identification, and resistance are secretly bound together in much the same way as are a match, a striker, and the flame that's born of their interaction.

Third Key Lesson: There is no end to resistance, but we can realize the lesson hidden in it, and in doing so end the pain of being unconsciously identified with it.

Talk Takeaways

- Part of our interior work is to discover that there is a part of us that does not want the pure water of truth.
- There is no imagination in the manifestation of any natural desire. On the other hand, all psychological desires are the product of imagination.

- There would not be a desire to complete ourselves -- through acquiring something outside of ourselves -- without the belief that there is something missing.
- A sense of dissatisfaction cannot be separated from resistance to moments that are not giving us what seems to be missing. And yet, to continue the vicious circle, the resistance tells us what to do in order to overcome the dissatisfaction.
- Strong, dark, negative reactions are not possible without the unconscious resistance that accompanies them.
- At the point where we become identified with an image made in our own likeness, we don't know the difference between wanting to feel powerful, or living in fear.
- Sleeping humans will never see, let alone suspect that their attachment to what they're imagining, and becoming identified with -- as what they must have to be free -- is the real source of their captivity each and every time they run into another moment they unconsciously resist.
- Resistance believes that it can change the exterior condition that is believed to be responsible for the pain that comes with the resistance itself.
- Unconscious resistance cannot release us from what we don't want. Unseen resistance ties us to what we don't want, because resistance is identification.
- When unchecked resistance is the father of our actions, what is created are more conditions to be resisted.
- Resistance, understood properly, is the revelation of the unconscious nature that creates an identity through whatever object it has become identified with.
- Everything true has been right in front of us the whole time, but we have not been able to see it because an unconscious nature has been too busy resisting it.

- What would happen if you stopped inventing a life for yourself?, which you would not need to do unless the life you had already invented was not working out. You don't have to invent the reality that you are being given.