



WEDNESDAY, OCTOBER 25, 2023

Free Yourself from the Painful Struggle Hidden in this Unseen Act of Self-Sabotage

First Key Lesson: The inevitable outcome of all unconscious self-compromise - within ourselves, but primarily in relationships with others - is to reach a kind of critical mass of resentment that then spills itself out on others in words and deeds too soon enacted, and too late regretted.

Second Key Lesson: The more any part of us doesn't want to see, let alone rejects the experience of some negative "I" that appears in an unwanted moment, the more that "I" pushes back on the experience it doesn't want. What this false sense of "I" can't see - but that we must, if we ever hope to be free - is that the more this "I" denies the painful experience (of itself), the more it affirms the suffering it's struggling to avoid.

Talk Takeaways

- It is time for individuals who want to grow up to realize what it is that is actually set against them. It is the interior conflict of a consciousness that does not know it is set against itself.
- There is no such thing as a moment in time until all possibilities are collapsed into a single thought.

- We are unconscious of our role in the creation of the events and circumstances that we perceive to be outside of ourselves.
- We spend our lives trying to change everything, except for the part of us that needs to keep changing everything.
- "Second force" is that which opposes, pushes back against, any initial force that acts in any moment. Identification creates second force.
- You cannot serve one side of the opposites unless at the same time you also consent to despise the other side.
- We think that when we want or don't want something that it is an action we are taking, but it's actually the result of an action taking place inside of us that we're not aware of.
- Before you sow the seed, let the light show you whether or not it is a good seed.
- Usually when something or someone shoves us, we shove back. The exercise is: Don't let push come to shove. See that the push cannot be separated from the shove, and that therefore the push cannot be resolved by shoving back.
- No one side of the opposites can free you. Freedom is seeing the opposites at the same time.
- There cannot be disappointment without judgment. There cannot be judgment without comparison.
- The only thing you suffer uselessly over is what you have yet to understand about yourself.
- You cannot gain real self-knowledge while being constantly distracted by what the world puts in front of you.
- Every crisis serves the purpose of revealing the identifications that produce the false identities that then try to avoid the very crises that would reveal them.

- "The antidote is in the venom" because the antidote is the disappearance of the self that believes that it can be poisoned by Life in the first place.