



WEDNESDAY, NOVEMBER 8, 2023

Transform Any Weakness into True Spiritual Strength

Key Lesson: Much as a stalking tiger uses woodland shadows to hide its intention from its intended prey, so does (our) weakness hide behind the (momentary) strength of any negative reaction we become identified with...even as it consumes us.

Talk Takeaways

- Each time a different sense of self comes to the forefront, that self cannot remember that it is reliving the same old experience of itself, all the while believing that they are new experiences.
- When there is no awareness, your identity is inseparable from the quality of the reaction that is going through you. Your sense of self is determined by any reaction that becomes your guide.
- The source of every ongoing, lingering negative reaction is some form of resistance to the moment. The moment is perceived to be the cause of the negativity, thereby justifying the negative reaction.
- The moment is not the source of the resistance. The moment serves the purpose of revealing the divided consciousness that is the real source.
- Most of us would never say that we have a weakness. We would say that other people do things that cause us to act against ourselves and others.

- Some examples of weaknesses that masquerade as strengths: defensiveness, seeking approval, fear of rejection, impatience, lying to yourself, being needy, being a know-it-all, avoiding challenging situations, worrying about problems, ambition, judging others, co-dependency, trying to save others, complacency, self-pity, addiction.
- In reality, no moment repeats itself. Then how is it possible that most our time is spent feeling like we are repeating the same experience of the same moment over and over again? It must be because a part of us says that it knows what the moment means.
- Identification is weakness. There could not be any negativity towards any person, place or thing without identification.
- Along with identification comes a corresponding sense of self that by default is locked in a prison of dependency. That sense of self is dependent upon conditions that it deems are necessary in order to ensure the continuity of itself.
- Your mind cannot be free as long as it is shackled by every reaction. Freedom begins with seeing the tendency to identify with every single reaction that pops up.
- Everything you think you are is an illusion because any temporary identity is the product of identification upon. There already exists a higher order of self that is not dependent on identification with conditions.
- The only thing that can dissolve the identity-making consciousness is awareness. And it is wisdom to realize that that self will not go gently into that good night.
- Everything in creation resists what acts upon it. But psychological resistance -- the kind of resistance that creates a strong sense of self -- is the same as identification -- and the sense of self that is created depends upon "outside" conditions for its existence.