



WEDNESDAY, NOVEMBER 15, 2023

Escape the Unseen Prison of Painful Dependency

First Key Lesson: No single substance – whether physical, mental, or emotional – creates an addiction, let alone the pain and conflict inherent in its corresponding dependency; rather dependency is the birthplace of all false solutions with which we first become identified, and then become addicted to...in the vain hope that it has the power to release us from a pain we have yet to understand, let alone resolve.

Second Key Lesson: Identification is dependency; there is no painful dependency without unconscious identification...they are two sides of the same conflict.

Talk Takeaways

- How long do you want to live a life in which you can be carried off at any time, beaten up, and then released whenever your captor is done with you?
- The beginning of the end of useless suffering is in seeing that, at present, you do not really know why you suffer. There is not one solution that you think you know that is going to save you.
- If you ever want to stop being thrown into a prison whenever conditions seem to conspire against you, then you are going to have to explore the consciousness that creates the prison.

- The psychological prison that we often find ourselves in is never created by other people or exterior conditions. The bars of the prison are made out of identification.
- We are not lovers of facts, we are lovers of fantasies.
- The struggle to win freedom in a time to come doesn't occur without the unexamined belief that you are locked in a prison in the first place.
- There could not be any such thing as identification without the illusion of duality, in which 'I' and what that 'I' depends upon are believed to be separate things.
- We are sure that we are separate from what we are trying to escape from. At the same time, we are also sure that we are separate from what will liberate us.
- We want things from other people in order to confirm the identity that wants those things.
- In reality there is no such thing as struggling to "not identify," because that in itself is identification with an idea about what it means to not identify. The awareness of the identification is the freedom from it.
- Be willing to see that there is no prison outside of identification with your own reactions.
- The key to freedom from the prison of duality and its accompanying identification is the revelation of that whole mechanical system of consciousness as it is in operation.
- The part of us that is in psychological prison prefers being in prison because its identity does not exist outside of the prison.
- Freedom from the prison of thought will never be found by depending upon another thought to get you out.

- Judging yourself for a misstep is an extension of the level of self that did what it did. Work to understand the operation of that nature until it can no longer deceive you into following it into a prison cell.