



WEDNESDAY, NOVEMBER 22, 2023

Escape the Invisible Prison Most People Pay to Live In!

Key Lesson: The "importance" of any given moment is inseparable from whatever may be the momentary sense of "self" responsible for lending it that significance. If we are to have any hope of realizing what is actually important in this life - which is to see through the illusion of a separate self - then we must be honest enough to admit the following truth: What really makes one moment seem more important than any other cannot be separated from how important it makes us feel.

Talk Takeaways

- Spend less time trying to prove yourself, and more time BEING yourself. But "being yourself" is not what the world conditions all of us to believe.
- Connect the experiences that you don't want with the consciousness that creates those same experiences.
- Fear lies beneath the compulsion to be seen as someone important.
- What is important is to understand the importance of life. And what is most definitely NOT important is to spend your entire life trying to be important.
- You are never worse for having seen something about yourself. You are actually better because you are now seeing something that has always been there, affecting your life even though it was unseen.

- The acronym "A-GES-O-SI" from the doctor story stands for "A Greatly Exaggerated Sense Of Self-Importance."
- Conflict with life happens when our actions do not match up with the pristine image that we have of ourselves.
- Whenever we are identified with an object that this self-important nature is pursuing, we cannot see the immense pain in the pursuit.
- Be aware of the useless struggle that comes along with trying to keep a sense of importance in place.
- Is the way I feel right now good for me or not? Is it right for me or not? The answer to these questions never requires thinking. The very awareness of the useless struggle of trying to be important is the answer.
- Instead of pain telling you what the path is, see the pain that lead you down that path.
- Nothing new comes into existence with a struggle... a useful struggle. What is old stays in place because of the useless struggle of trying to protect and maintain the old sense of self.
- "Loving your enemies" means to understand what it is within you that creates enemies in the first place.
- What we have called a personal strength -- that which provides such a strong sense of self -- is actually a weakness.