



WEDNESDAY, NOVEMBER 29, 2023

The Wisdom You Need to Stop Struggling with Unwanted Moments Once and for All!

Key Lesson: Our unconscious resistance to any unwanted moment ensures its continuation, and here's why: there is no lingering resistance that's not a creation of some form of (unseen) identification with the moment being resisted. To this understanding, add the following insight by whose light we are helped set free: identification is fixation, which means the more we struggle to escape any unwanted moment, the more we make ourselves a captive of it!

Talk Takeaways

- Anxious thoughts about what to do in an unwanted moment IS the unwanted "moment" that you are struggling with.
- To know better than to not-want what you are experiencing is to see that all of the actions involved in not-wanting are futile. To know better is to recognize that you have been there in that same place, not-wanting your experience, a million times before.
- Each new moment of life is inseparable from the light that reveals it. And our experience of each new moment of life cannot be separated from whatever our consciousness is made aware of.

- The thing that you really don't want in any so-called "unwanted moment" is the experience of your own consciousness.
- Psychologically speaking, your pain is not caused by your enemy, it is there because you HAVE an enemy.
- Lingering resistance, and unseen insistance that each moment go as expected, come together. No lingering resistance without unseen insistance. No insistance without attachment. And no attachment without identification.
- There cannot be conflict without identification. And there cannot be identification without imagination.
- You are the captive of anything that you imagine you need in order to be free.
- The acronym "FBUR" in the doctor story stands for "Fixation By Unconscious Resistance." Fixation by unconscious resistance gives that divided consciousness something to do in order to try to free itself from what it is resisting.
- We do not resist the actual reality of the moment. What the consciousness actually resists, painfully, is the very image that it produced in the first place.
- Unseen resistance seems to prove that we are separate from the moment we don't want. But they are one and the same thing.
- You cannot resist anything that you haven't already lived before within your imagination.
- The more we try to escape from what we don't want, the more our attention is fixated upon that thing.
- Don't try to stop the mind from thinking about what it does not want. The act of trying to stop it is fixation. Rather, through awareness of the mind's activity, find out whether or not it is necessary for you to participate in that struggle.