



WEDNESDAY, JANUARY 17, 2024

Step Out of the Anxious Rush and into Your Real Life

First Key Lesson: The endless - and futile effort -- to complete yourself in a time to come is as hopeless as trying to free yourself from a pressing hunger pain by believing the more time you spend reading the menu of your favorite restaurant, the fuller you're going to feel.

Second Key Lesson: The justification of any compulsive act is a kind of unseen "kill-box"; after all, who would agree to enter into any relationship that, even as it delivers on its promise of a pleasure... is secretly increasing our dependency on what, in the end, is destroying our own highest, truest possibilities.

Talk Takeaways

- The mind that is blind is first and foremost blind to the fact that it doesn't see.
- Your whole life is meant to be spent aware of being endlessly given something new to see, to see everything that is passing through you
- What if the whole of your life is about what you have yet to see about yourself? You must sincerely wish to see what you are being given to see.

- The acronym "MCS" from the doctor story stands for "Multiple Compulsion Syndrome," which is the sickness of a mind that wants and not-wants at the same time, but cannot see itself.
- Become more interested in discovering the truth of yourself than you are interested in protecting what you believe is the truth of yourself.
- A painful obsession is formed when a person is compelled to do something that never brings about an end to the pain of the compulsion.
- All forms of compulsion are born of fear, the fear of being without that familiar sense of self, even if it is painful and unpleasant.
- The mind that is compulsive believes that its familiar compulsive obsessions are efficient and productive.
- When you are obsessed with anything, there is nothing in the world more important in those moments than yourself. All of your attention is fixed upon your pain and finding ways to resolve it.
- Whenever you are not able to be aware of the suffering of others, it is because you are too busy trying to resolve your own suffering.
- The mind asleep ceaselessly compares what it sees happening to its own image of what it thinks should be happening.
- Every compulsion comes with a justification as to why it is good and necessary to continue acting out that behavior that is compromising you. That divided consciousness is in perpetual conflict.
- The aim is to stop justifying compulsive, obsessive actions and behavior, or to at least observe the justifying thoughts that come along on the heels of the compulsion.
- The mind that tries to escape from itself, reincarnates itself.