



WEDNESDAY, FEBRUARY 14, 2024

## **Realize Your True Self and Be Released from Tension and Fear**

First Key Lesson: The witness to experience is not bound by it.

Second Key Lesson: It's impossible to enjoy any moment in life, while fearfully trying to control it at the same time...that is, unless your idea of pleasure is the pain of making impossible demands on "others," not to mention upon yourself.

Third Key Lesson: Every true self-discovery is the revelation of a lost correlation between our consciousness and our realization of its pre-existing relationship with whatever we have been given to see, and experience in that same moment.

### **Talk Takeaways**

- We are not as afraid of what we discovery about ourselves when we realize that we are not the only ones who experience this same conditioned consciousness.
- No one who is dishonest with themselves will ever know of anything that is Divine. Honesty and clarity are requirements for self-realization.

- You cannot be something other than what you are. The fact that you do not want to be what you are... does not change the fact that you are what you are.
- The comparative mind is engaged in an endless attempt to distract you from the experience of yourself.
- Something in you always wants to know why life is not unfolding the way it should be, and it tries to figure out what actions it needs to take in order to get life back in order.
- What if the way you feel in the moment is exactly what it is like to be a human being?
- The real problem that we face is that we do not know what it is like to be a real human being.
- Everything that you do to avoid the experience of yourself becomes the next experience of yourself that you will try to avoid.
- Within the act of imagining the person you need to be, and who you need to become, is all of the unnecessary chronic tension that attempts to control life.
- The struggle to figure out and fix the sudden distress that you feel is the rejection of the awareness of it.
- It is impossible to know the real reason why you experience what you are experiencing. Presently, the only thing you know is the experience that you give to yourself in the attempt to avoid the experience of yourself.
- Everything that appears in your consciousness is something that you previously did not know about yourself.
- You cannot be free as long as you continue to believe that you understand the nature of experience.
- The mind believes that negative states, unwanted experiences, will last for eternity if it does not analyze and figure out what to do about them. The analysis of the disturbance is what will go on for eternity if we don't come to understand the purpose of the disturbance. The mind wants to know because it can't stand not knowing.

- Our only hope is to remain with the pain of any disturbance. The only way to do this is to give your attention to the experience which that level of consciousness does not want to give it to. We must remain in the moment where the transformation is taking place.
- The analysis of your suffering is a distraction away from the suffering you have been asked to take on for the purpose of being changed into a new human being.
- We have become a race of beings who are devoted to being distracted from our own life.
- When you stay with the suffering that you would usually avoid, it becomes conscious suffering, which is the fulfillment of it.