



WEDNESDAY, FEBRUARY 21, 2024

## **Stop Struggling with Life and Set Yourself Free**

First Key Lesson: Spiritually speaking, we have but one problem: we are unable to see that the source of our conflict with life - including the suffering it induces - is inseparable from an unseen false belief, as follows: unless we keep struggling with unwanted moments, we'll never reach, let alone realize a time in our life...when we can finally rest from our struggles!

Second Key Lesson: Whatever is born in the darkness will be brought into the light...and will be made in its Lightness.

Third Key Lesson: We believe our experience is the result of the condition we see as responsible for having created it; so that, according to this view of life, the condition in question - and our consciousness of it - seem to belong to separate worlds. But this perception is not just untrue, it is the source of all our suffering. The truth is, what we see, and then experience - especially as perceived in some unwanted moment - is actually inseparable from our unconscious conditioning that first resists, and then blames any moment that fails to live up to its preconceived expectation.

Fourth Key Lesson: When all is said and done, every struggle to free ourselves from unwanted moments is useless...until we begin to see through the illusion that our true nature can be made a captive of some unforeseen event. To even glimpse this truth sets the stage for us to enter into a new

order of struggle; where now, instead of being coerced into another fight to try and free ourselves (again), rather we "struggle" to see through any fearful sense of self that would convince us we can be made a prisoner of any moment in passing time.

## Talk Takeaways

- The real secret of letting go is to discover for yourself that there is a completely different order of understanding in which there is necessary practical struggle, without the useless struggle of trying of bringing an end to your pain.
- The world believes that it is natural to worry. There is another order of being that does not have in it any lingering negative states like worry.
- Useless struggle is struggling with conditions to find freedom from what is unwanted. Useful struggle is struggling to see the consciousness that blames conditions for its pain.
- Anything that threatens your identity is seen as something that you must struggle against. Anything that threatens to take away any kind of stake you have claimed on life is seen as something that you must struggle against.
- The struggle to bring an end to all of your struggles never comes to an end.
- "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." -- New Testament
- We have been trying to bring ourselves into a light that we have imagined. How great is that darkness that calls itself the light?
- The mind is so deeply conditioned that it does not even suspect how deeply conditioned it is, even as it claims to know what conditions are responsible for its pain,
- Underneath every useless struggle is an unseen fear that belongs to an unconscious nature that imagines what it must take from life in order to be content.

- The struggle to escape from any condition ensures that the nature that created the unwanted condition in the first place will remain in charge.
- In the moment of any kind of contraction or painful disturbance, struggle to bring what you understand into the nature that struggles to avoid whatever is being revealed in those moments. You don't need to do anything to fix what you are afraid of.
- The awareness of the useless struggle brings you into the useful struggle of remaining with the revelation of the nature that fights with life. This useful struggle brings about a new kind of clarity.
- Freedom is not an achievement at the end of a struggle in a time to come, but to see that the entire painful pursuit is an illusion.