



SUNDAY, MARCH 10, 2024

How to Go Beyond Any Painful Struggle You May Have with Life

First Key Lesson: Part 1: Being is a conscious relationship with what is now; knowledge is a relationship with what was, the conditioned content of the past.

Second Key Lesson: Once we understand that all forces – even the seemingly contradictory ones – are secretly complementary, we stand not only on the threshold of discovering the timeless secret of letting go but, at the same time, find that we are well on our way to realizing the unconditional holiness of life.

Third Key Lesson: The awareness of the opposites is the realization of their invisible, inseparable relationship.

Talk Takeaways

- We have truth classes so that we can all experience and see the same understanding.
- Every insight that is put into words is a form of knowledge, and knowledge by its nature is always incomplete — so you can't take knowledge to be the end of understanding.
- Your opposition to unwanted moments is that you feel as though something is being threatened or taken from you.

- The constant sense of emptiness and satisfaction you have is because you are literally missing half of your life.
- Inner attention and outer experience are related, and it is their direct relationship that determines our experience of life. They are inseparable; one does not exist without the other.
- We must learn to see the invisible
- Any reaction we have is to what we *think* has transpired.
- There is a beautiful relationship between emptiness and fullness, between disturbance and peace.
- You can't separate what is acting on you from what it is acting on.
- We are called to become that which when the inner and outer are brought together, in their marriage is created something new again and again. Then I'm not missing out on life because I'm living from something that is life itself.
- Life is not one or the other, it's one *and* the other. There is no right without left, up without down, in breath without out breath.
- The only way your life becomes "one and the other" is by seeing how futile it is to live from "one or the other."
- All thought is about trying to justify or explain to yourself why you have resisted what has happened. It's an endless circle of conflict because it's an endless struggle to complete yourself by a consciousness that can only recreate itself.
- Time is the product of the illusion that the opposites are separate.
- The basis of the world is good because its basis is holiness; but the world has become an unholy place because the mind separates "one" from "the other."
- When your energy stops being used for division, it becomes available for integration.

- In order to complete the moment, I must be completely there in the moment attending to the purpose of the moment, which is ceaseless rebirth.