



WEDNESDAY, APRIL 10, 2024

Stop Reliving Your Past and Realize Real Life

Key Lesson: It's impossible to see, let alone walk the indefinable path of the presence moment until we realize we've been deceived into looking at virtually every moment of life through the "I"s of the past.

Talk Takeaways

- When you really see something true, you realize that there is something so much deeper to understand.
- There is no judgment of anyone or anything without memory.
- Spiritually speaking, when you can't see, you don't know that you can't see.
- To the mind that is asleep, being able to reimagine your life anytime you please seems to be proof that you are alive, but the antithesis is the truth.
- We make an enemy out of every person that we try to save or control.
- Forgetfulness is the same as blindness.
- We get bored only when we have forgotten the reason for being alive.
- All daydreams -- pleasurable or painful (it doesn't matter) -- are an unconscious way in which we contribute to being forgetful.

- Conflict is unconscious comparison, imagining the way things should be and comparing that with the way things actually are.
- Can reliving an unwanted memory ever free you from the pain of reliving that unwanted memory?
- You do not call up unwanted memories, but you are responsible for the sense of self that is produced when you identify with them. There is a sense of self connected with every memory.
- The world worships memories, good or bad. All the world wants is the sensation, the sense of self that comes with them.
- The thing that tries to find the cause of your suffering is the thing that is causing the suffering.
- The thinker believes that the thought is other than itself. The one who revisits a painful memory believes that it is other than that memory. But the thinker and the thought are a singularity.
- Resistance crystalizes the nature that embraces it.
- Whenever there is a disturbance, the first thing the mind does is look at the thoughts that describe it and try to figure out what to do about it. Don't look back at thoughts that produce a strong sense of self.