



WEDNESDAY, MAY 8, 2024

Dismiss Any Dark Thought or Feeling with just Three Words

First Key Lesson: Here's why no rest can be found in the thought (of any time to come) regardless how temporarily comforting it may seem: there is no end to the thinker's desire to resolve the angst inherent in its own conflicted thinking...an endless search for a solution to its own unseen, self-induced suffering.

Second Key Lesson: A thought without its thinker holds no more pain or sorrow than does the appearance of a terrifying shadow create fear if there's no one there to see it...let alone start thinking about how to escape it.

Talk Takeaways

- You have one problem in life, which is what you don't know about yourself, exacerbated by a part of you that doesn't want to know anything.
- It is impossible to wish for true revelation and ask to see the truth of yourself without being given the truth you've asked to see.
- What we are always thinking about is, "How do I reconcile this disturbance I feel right now?" It's the endless quest of a runaway mind.
- I never know that my mind is always engaged, because I'm so identified with the stream of sensation produced by endless thinking.

- The "I" that gets disturbed in a moment literally appears out of the problem itself.
- That "I" is an unconscious nature that is stuck in an endless, useless attempt to resolve the distance between what is happening and what it believes should be happening.
- The experience of any moment is inseparable from the level of consciousness in which it is being reflected. The moment I don't want is a reflection of my own consciousness.
- My experience of most of my life is me trying to resolve the experiences I had that I didn't understand.
- There is no moment, no experience without the consciousness of it.
- What is behind all suffering? The illusion that I know everything about how the world and everyone in it should be. My suffering is born out of one thing: "I know."
- A conflicted consciousness is a mind divided in itself that forever meets what it doesn't want and believes the pain is in the condition instead of seeing it's in the demand.
- It's the negative reaction itself that tells us who or what to blame for the negativity.
- Every shock is the momentary glimpse of an unseen limitation in an unconscious nature. It's the momentary revelation of an imbalance between what is active and what is passive.
- Life is an endless shock. Creation doesn't exist without the shock between what is active and what is resisted, and what is realized through that resistance and newly conceived as a result of that union.
- The unseen root of every shock is, "I don't know."

- The silent mind that you seek appears by itself when you see that you don't know anything you think you know.
- Everything this mind knows is the past.
- The real struggle is that you must sacrifice yourself, but when you see there's no other option, there's no longer a struggle.
- Love is not the confirmation of yourself as you imagine yourself to be, it's the revelation of yourself.
- The more you work at being silent towards your own reaction, the more you will see within those reactions what their source is.