



WEDNESDAY, JUNE 12, 2024

Self-Liberation Begins with Being Free to See “What Is”

Key Lesson: The mind asleep to itself doesn't realize that it created the problem that it can't stop trying to resolve; and that the more it struggles to try and think through a solution to its self-induced conflict, the greater grows its struggle to escape its unseen, self-induced suffering.

Talk Takeaways

- When you know the right action, then there is no conflict. It is conflict that drives you to take wrong actions.
- Our usual first action is to go into thought about what just happened, believing that one of our reactions will resolve the conflict we feel. The right action is to watch the temptation to take a wrong, pressure-filled action.
- The true nature of every disturbance is not what the mind points to as the problem.
- With every disturbance comes a desire to resolve the it in order to come out of the moment with our familiar sense of self intact.
- No reaction to any reaction will ever bring about a resolution to the original disturbance.

- Taking no action in the face of a reaction to a disturbance is the same as witnessing the reaction.
- The whole idea of "heaven on earth" is born of a lower consciousness that must imagine what heaven is in order to escape the pain it is in.
- The lower level of consciousness has authority over a human being only because of ignorance.
- Hope is the wrong action in any moment of conflict. The right action is no action, to be the witness of the moment instead of hoping that the moment wasn't happening.
- Ceaseless prayer is practiced effortlessly when one clearly sees and then understands that our usual state of consciousness does not want anything to do with the Divine. The lower consciousness does not know that it actually prays for everything that it gets.
- Ceaseless prayer comes with the unmistakable revelation that without our attention we are lead into whatever conflict-filled places that the mind wants to go.
- We are deceived by our fear of pain. Find out what is true about the nature of fear, instead of allowing fear to tell you what is true.
- Every reaction that you have that does not turn into a revelation of that unconscious nature is the continuity of that consciousness.