



SATURDAY, JUNE 22, 2024

The Awakening of True Self Begins With Asking Yourself These Three Questions

We have yet to see the following truth, let alone realize the immensity of its implication: Whenever we identify with any negative reaction born of some unwanted moment, all we can see is what we don't want to be! So that the more we resist the conflict inherent in moments such as these, the more we fall under the authority of an unconscious nature that keeps struggling, in vain, to escape the unwanted experience of itself.

Talk Takeaways

- In the midst of unwanted moments, remember that real life is bigger than what you don't want.
- The mind is in a ceaseless rebellion against the perceived authority -- outside of itself -- that it believes is threatening to take away its freedom.
- You cannot separate a negative reaction from the consciousness that blames something outside of itself for the negativity.
- The last thing that occurs to us is that we may not know what we believe we do.
- Can you live under the authority of negative reactions and be a free human being at the same time?

- A negative reaction ceaselessly struggles against what it believes will take away its imagined freedom.
- No one is free who serves negative states. Meanwhile, negative states say, "Serve this and you will be free."
- We are the servant of anything and everything that we are identified with.
- The moment that others stop being what you want them to be, you think about what is wrong with THEM, instead of seeing that is YOU who are identified with an image of how they should be.
- Question 1: Who am I without having an authority that I can count on?
Question 2: What am I if I fear being without an authority to rely upon?
Question 3: If not now, then when?
- As we are presently, we don't know who we are -- we don't exist -- without something talking to us.
- Would you want to live with someone who is always threatening you to live up to whatever they demand? We would say "No," but that is the present relationship that we have with our own mind.
- You don't know that you live with yourself, that you are your experience, because something in you blames everyone and everything else for the unwanted experience of yourself.
- What you want or don't want becomes your authority. What you are identified with becomes your authority.
- Start asking yourself when you start to feel negative: "What is the nature of this authority?" The false authority is anything that promises to release you from resistance.