



SUNDAY, JUNE 23, 2024

Start Using Negative Reactions to Assist in Your Spiritual Rebirth

First Key Lesson: The greatest possibility for incarnating the subtle energies required for transformation is best realized in moments of a heightened awareness that, in turn, appears at the same time and place of maximum resistance (to some unwanted moment).

Second Key Lesson: You can't know what to do with the life you're being given until you know who you are.

Third Key Lesson: Refuse to identify with any form of painful resistance; it belongs to a level of self that can never free itself of its suffering because it secretly creates the suffering from which it would free itself.

Talk Takeaways

- Every time we have a rude awakening, the realization is quickly covered up with a new dream.
- There is something in you that lives to make sure that you forget what you need to remember.
- The problem with our model by which we will achieve endless happiness, is that the model does not stand the test of time.

- Until you experience for yourself the fact that nothing dies, you will always be afraid of death.
- Our present (mis)understanding of suffering just gives birth to more suffering. The real source of suffering is avoidance of revelation.
- Nothing is fixed in real life. If it were fixed, there would be no life, everything would die.
- Awakening is intended to bring us into a realization that the models we have created for ourselves do not work, and that a new model by which to live is needed, one which we cannot give to ourselves and that already exists.
- Unless we begin to understand what is beyond resistance, we will never be present to the revelations that resistance plays a vital role in bringing about.
- To live without a self-created model in a moment is to witness the completion of the moment, along with the role that resistance plays in that new creation.
- The completion of resistance is the fulfillment of the conditions that give rise to it, and what that very resistance helps to perfect in that moment.
- When resistance becomes personal it seems to prove to us that the moment should not be happening as it is.
- The end of any addiction is seeing that what you thought was empowering you, was actually devitalizing you.
- "Resist not evil" means "do not oppose what opposes you." Evil is the temptation to avoid revelation, which is what happens when we oppose what the moment brings.
- Unnecessary suffering is created in the attempt to keep in place what you believe you need in order to avoid suffering.
- Resistance to anything that you do not want proves that you cannot take your eyes off of that unwanted thing.

- When you understand the purpose of resistance, you enter into a new relationship with it.
- When there is no fear, you do not have to imagine freedom.
- Pain itself is not suffering. Suffering is resistance to pain.