



SUNDAY, JULY 21, 2024

Break Through the Unseen Barrier that Stands Between You and the Peace You Seek

First Key Lesson: Until the peace and pleasure found within us is equal to - or greater than any consolation found outside of ourselves - then our power to be patient, loving, and profitable in every moment is, at best, conditional; nothing better serves to sustain anger, frustration, and fear than being identified with a level of self whose life is founded, at best, upon the sands of passing circumstances.

Key Question: How is it ever possible to choose against ourselves without thinking, in the same moment of that choice, that we were choosing in favor of ourselves?

Identi-fixation: Blinded by our unconscious identification with some image, idea, or belief we are attached to, and dependent on, until some passing condition challenges that particular sense of self...

...That quite literally fixes our attention on resisting anyone or anything it sees as the perpetrator of what's disturbed it, becoming instantly negatively aggressive, as needed to deal with, or otherwise protect its false sense of self.

Second Key Lesson: No condition, in and of itself, is ever the cause of psychological stress, fear, or regret; suffering of this kind is inherent in an

unseen, unconscious level of 'self' that resists changing conditions because it is incapable of changing with them..

Talk Takeaways

- You must learn to trust the love you have for Truth, as opposed to trusting the self that loves itself.
- Just because you can't yet do what you love, does not mean that love is not real.
- There is an intelligence that governs and sustains every creature that lives... at every level.
- How do we know that other people are wrong? How do we know that the moment should not be the way that it is? Because we live with an unseen knower that takes command by resistance. That nature thinks it knows, but it does not know the real reason why it suffers.
- How can we not know that we are blind when our blindness creates so much conflict?
- How is it possible that we choose against ourselves when we believe that we are choosing in favor of ourselves?
- Any choice that we make that leads to more anxiety, fear and conflict comes out of resistance.
- Unconscious resistance, judgment, aggression and every kind of negativity comes out of "identi-fixation."
- You cannot be fixated upon what you DO want without at the same time being fixated upon what you DON'T want.
- Anything that you love without at the same time seeing the whole is some form of being identified with an image of yourself as being a loving person.

- We are sure that life is against us when conditions do not go the way we want. However, it is the identified part of us that is against life as it reveals our true nature through those same conditions.
- Identi-fixation is being in a flow of the negative kind that you do not know you are in. It is a negative momentum made of identi-fixation with negative imagination.
- Identi-fixation collapses all of the possibilities that exist in every moment into a singularity, in which the only choices we seem to have are what we want and/or don't want.
- You are going to change only when you have had enough of being you.
- There is really no such thing as trying to not be identified. The very attempt to try to not be identified IS identification with an image of yourself as someone who is not identified.
- Suffer the moment instead of trying to escape from the suffering by letting the sufferer make another choice for you.