



WEDNESDAY, JULY 24, 2024

How to Turn the Mountain of Any Unwanted Moment into a Molehill

Key Lesson #1: The true purpose of any troublesome "mountain" that seems to appear out of nowhere - standing directly between us and what we want - isn't to make us into better climbers, or even to finally crest its summit; such barriers exist for a single reason: to help us see that no impassable "mountain" exists apart from the unconscious mind that has created it.

Key Question: What is the source of painful or otherwise compulsive thoughts that first engage us, then drain and deplete us, and eventually make us sick!

Key Lesson #2: There can be no negative thoughts without "someone" (who is) thinking them, any more than a balloon can be filled with air unless someone is blowing into it.

Key Lesson #3: Something from nothing is still nothing, and that includes any sense of self derived from thought.

Talk Takeaways

- You can never be prepared for what you are given to see. However, you can understand the need to see what you are given to see.
- The only way you can come to the end of "you" is to see the necessity for it.

- There is anxiety behind the part of you that wonders when and how it will be done with what it has to go through.
- Having an interior dialog with yourself about a problem does not solve the problem. Instead it adds weight and solidifies the problem as something real that you must try to solve.
- In its constant thinking about how to save itself, the world has sold itself down the road.
- The more that you try to make something out of nothing, the more real you seem to be. Get tired of trying to make something real out of nothing.
- The more you identify with something, the more you try to free yourself from the thing that you are identified with. It is an endless loop.
- The more that you talk to yourself about something, the more important you -- and what you are talking about -- seem to be. All of the conversation that you have with yourself is to keep the sense of yourself inflated.
- When you try to save yourself psychologically, you are not really saving yourself. Instead you are protecting the nature that is certain that it must save itself from everything that threatens it.
- Catch yourself in the midst of an interior dialog trying to make something out of nothing.
- The punchline of the spiritual detective story was: "I think you are mistaking me for someone who is interested in what you want to talk about."
- When you get angry, fearful, anxious and negative, you have been dragged into protecting whatever it is that you are identified with.
- The more you see the instances in which your mind is making something out of nothing, the more you will pull back and be inclined to end that interior dialog.
- Being lost in thought is nothing but the thought-nature thinking about itself.