



SUNDAY, SEPTEMBER 1, 2024

An Unthinkable Lesson in How to Liberate Yourself from Useless Suffering

Key Lesson: As surely as planting a lemon seed will grow a tree full of lemons, so is the following true: any solution that begins with resisting (the pain of) some unwanted experience will not only prove itself fruitless, but always give birth to more of the same!

Special Writing: "A Great Lesson in Self-Liberation"

https://gfmisc.s3.amazonaws.com/20240901_specialwriting.pdf

Talk Takeaways

- Along with resistance to an unwanted moment comes the explanation about what the moment is all about.
- The first reaction to an unwanted moment does not have a name. It is a natural instant of something active acting upon something that is passive. The second reaction comes when the mind gives a name to the moment.
- There cannot be a perceived threat without something from the past naming and explaining what the moment means.
- You can't have new understanding until you see the moment through new eyes. And until you have new understanding, there cannot be a new action. The new action is always a negation, not an affirmation.

- The pain of resistance is Life saying "Let me make you into a new human being." We don't understand that resistance is there for revelation because we identify with the mind's explanation of what the resistance means.
- Resistance sets the stage for a peace that passes all understanding when you recognize its true nature. Resistance is part of the process of creation itself.
- What we presently see is what negatives states say is true about moments that are painful.
- When you imagine what will release you from resistance, you are planting the seed of the next condition that will then be resisted.
- Thought cannot understand creation, but you can stand inwardly where creation is happening, and be changed as a result.
- A moment of resistance is the same as a moment of revelation. Something has been stirred that would have otherwise remained underground.
- Has any moment ever happened before? Then how is it possible to not want it? It is only possible to not want the moment when it is met with an old explanation in imagination.
- When you try to save yourself from psychological pain, what is trying to save you is the very source of the pain... so how can it save you?
- Our true nature understands the need to sacrifice for the sake of something good, while the lower nature refuses to surrender anything that would diminish itself.
- The lower nature has no interest in being replaced. It is only interested in that which will add to its stature.
- Be interested in exploration of the nature of resistance, instead of instantly identifying with the mind's reaction to it.