



WEDNESDAY, OCTOBER 2, 2024

## **The Unimaginable Truth that Frees You from Unwanted Moments**

Key Lesson #1: Continuing to look for something new outside of yourself is like rearranging the clothes in your closet and, after you're done, going back through it hoping to find the experience of some unexpected joy.

Key Lesson #2: Unconscious desire is pain; unconscious pain creates useless desire.

Key Lesson #3: The web-like nature of any dark dream in life begins with what seems a single bright thread of "sticky" thought spun by an unseen desire.

Key Question: What would be the one thing, the single identifiable cause...at the root of any sudden, or otherwise long-standing form of psychological pain and suffering?

### **Talk Takeaways**

- Seeing what is true is what then allows you to take a new action.
- You struggle because all you know to do is fight with what you don't want. This is what the world teaches.
- It doesn't matter how often you rearrange the stuff in your closet, nothing is new.

- There is no negative state that does not appear without some form of resistance. And there cannot be resistance without comparison.
- The one thing at the root of all psychological suffering is unconscious desire.
- "No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon." -- New Testament. The two masters belong to an unconscious, fractured nature.
- When we are captured by the desire for something, we are unaware of the pain in that pursuit.
- If what disturbs you is the product of a desire, then how can desire lead to the end of the disturbance?
- There is pain in looking at what we imagine will free us from our dissatisfaction. Desire always imagines what it believes will be the perfect answer to its pain. And there is a corresponding identification with everything you imagine.
- Everything you imagine will fail you, as will every sense of self that comes out of identification with what is imagined.
- The mind tries to reconcile the disturbance by reincarnating the nature that is responsible for it.
- Desire is a misdirection. Desire hides the insatiable mammon-nature that is responsible for its appearance.
- The answer is not the negation of desire. You can't negate desire by yourself. The very effort to negate desire is itself a desire. Desire is not meant to be negated.
- The answer is that the whole structure of self must be negated by seeing that the whole structure of self is imagined. Then you see the truth about the desire that promises a new you in a time to come.