



WEDNESDAY, OCTOBER 23, 2024

Insights into the Nature of Suffering, Surrender, and Other Painfully Misunderstood Ideas

Key Lesson: Key Lesson #1: No moment is painful in and of itself; any conflict, or suffering ascribed to it is a dark creation of our own unconscious, negative assessment of it.

Key Lesson #2a: Humility is the one true order of all living things in creation, while the whole idea of "surrendering" is (largely) born out of our conflict with life and the pain of being out of order.

Key Lesson #2b: Surrender is the end of desire...not its unseen continuation born of having become identified with yet some other, aesthetically pleasing image of freedom.

Key Lesson #3: There is no end to the torment of resistance, until the futility of our unconscious resistance to it is fully realized.

Key Lesson #4: Why is it we rarely - if ever - come to a stop and realize that the plans we keep making in this world as often as not count as nothing...given the fact that our day has already made plans for us!

Talk Takeaways

- The true interior path is about ceaseless exploration, not about coming to conclusions. We get stressed every time we come to a conclusion. Exploration stops when we come to a conclusion.

- The advanced spiritual life is already here in every moment, not in what you imagine the spiritual life is supposed to be.
- Nothing can grow without humility, because for anything to grow it must be in a position of receiving, yielding to what is above. No humility, no transformation.
- You can't have humility and also have expectations. Demands are antithetical to humility.
- Surrender is not an act of will. Surrender is what happens when your will is recognized as being antithetical to the Divine.
- You can't be set free from the pain of conflict without seeing and understanding the consciousness that is the source of the conflict.
- The god that you are trying to surrender to is the same god that is telling you what is wrong with your life.
- Humility leads naturally to surrender because humility is alignment with the natural order of things.
- The state of not wanting the experience of yourself is an unconscious nature wanting to feel a sensation of itself. See the futility of not wanting to be you.
- The moment of imagining a time to come when you will free... is the beginning of captivity.
- Surrender comes from the humility of seeing your actual state when your will is active.
- Conflict happens when the moment does not match with the expectation that we entered into the moment with. Life as it is happening is not the source of the conflict. The source of the conflict is the resisting consciousness.
- A natural living thing in creation is a participant in the whole of creation, and as such there is no such thing as not-wanting the experience. There is no need for what is natural to invent ways to be anything other than what it is.
- Attachment is the end of exploration.