



SUNDAY, NOVEMBER 3, 2024

Transform Painful Resistance into Your Personal Spiritual Trainer

First Key Lesson: Persistence – without our awareness of the parts of us that steadily insist there's no further we can go – is a recipe for frustration; this painful sense of self slowly morphs from simple despair into an unholy cynicism that, in turn, serves to confirm what we see as our own unwanted, but unavoidable conclusion: we've no other choice but to give up our wish to transcend whatever limitation we'd been called to outgrow.

Solve This Spiritual Riddle: What is full of forms, but can never be seen; something that feels so real every time you run into it, but that -- in truth -- has no substance at all?

Second Key Lesson: Here is a beautiful spiritual fact we must prove true before it can help to set us free: only our willingness to persist with consciously suffering our present level of being can attract the new and higher powers we need to rise above its limitations.

Third Key Lesson: Great celestial forces never stop interacting, and changing – accordingly – all they serve to create, including our immediate experience of their invisible relationship. But, as we – ourselves – are a part of these same timeless forces, so are we created not only to be constantly changing, but to also stand as a witness to their union, allowing them to complete the work they have come to do.

Fourth Key Lesson: Conscious persistence transforms unconscious resistance into revelation.

Talk Takeaways

- The world we live in is both a laboratory and a gymnasium, in which we are intended to experiment and exercise in order to discover why we are here.
- The world cannot give you what you are really looking for. You eventually realize that you have to look someplace else.
- There is no such tomorrow that will ever free you from what you believe holds you captive.
- We human beings are ruled by something we can't see, but constantly feel. What we are ruled by is resistance.
- Reactions have built into them what you must do in order to be free from what they say is responsible for the unwanted moment.
- All we presently know to do in moments of resistance is to listen to its conclusions. The resistance concludes for you what the condition means, and what you should do to make it right.
- To be always searching for what you want means that you are also always on the lookout for what you don't want.
- It is never too late to answer the longing to rise, to outgrow limitation. However, we must understand that there is an opposing force to that wish.
- For anything to grow there must be an opposing force to strengthen that which is growing. No resistance, no growth.
- We are drawn to things because we have a corresponding part within ourselves that longs to merge with what it is that we want to understand.
- The Divine desire to rise above who you have been does not go away just because something says, "You cannot do it."
- Moments that we don't want feel like they are working against us, but those unwanted moments are for you because they reveal the truth about yourself.

- Allowing the pain of resistance to determine what is possible is to allow resistance to determine who you are.
- Never let resistance reach any conclusion for you. Never let resistance have the last word. There is no revelation possible as long as resistance has the last word.
- Exercise: Six words to make resistance reveal itself as your personal spiritual trainer: "But I will, by Thy Will." Take the proper position of seeing and using resistance, instead of being used by the resistance and letting it determine your course.