



WEDNESDAY, NOVEMBER 27, 2024

The Long Strange Journey to Being Happy with Who You Are

First Key Lesson: I've been a pirate...looting the hearts of any I could board and pillage for my pleasure. I've been a priest...consoling, and confusing any I could deceive and profit from by my practiced piety. I've been anyone...that everyone wanted me to be: I've danced for a drink, and lied without hesitation to ensure others my word is good. The truth is I've been everyone...but myself.

Second Key Lesson: We would never see, let alone be aware of a present limitation were it not for a brief moment of Light that - in the same moment it reveals some character shortfall - is opening our eyes to the possibility of attaining some yet-realized higher order of Self.

Talk Takeaways

- Our lives are spent in an almost endless conflict with everyone and everything that we believe to be the cause of our pain and negativity.
- We pretend to be someone because we do not know who we really are.
- Discovering who you really are comes with the cost of discovering all that you are NOT.
- How is it possible to not like what you see in the mirror? How is it possible to not want the experience of seeing yourself?

- "Man is the only creature who refuses to be what he is." -- Albert Camus
- Refusing to see what we are in the moment puts us into conflict everything that we see in that mirror of the moment.
- You don't want to see what you are ACTUALLY able to do because you are identified with what you imagine you SHOULD be able to do.
- The acronym "MUCS" from the doctor story stands for "Multiple Unseen Conflicts Syndrome."
- Who we imagine ourselves to be always runs into conflict with the actual experience of ourselves. We blame the pain of that conflict on anything that does not confirm the image.
- Who we imagine ourselves to be needs everyone to confirm it. Because of this, there is always a strained effort to take from others what we think we need.
- The nature that does not know what to do with its pain creates a persona that tries to resolve the pain according to its view of life, so that it can be safe and secure.
- You cannot imagine who you are without something in you attempting to imitate the image. You will never change as long as you imitate anything.
- New laws, in society or just in our own mind, are created so that we can measure whether or not we are living up to what we imagine we should be. Then we punish ourselves and others when failing to live up to the image.
- It is the dependency and attachment with a sense of self that is the source of conflict with other people and with life itself. The mirror of the moment is always revealing those dependencies and attachments.