



WEDNESDAY, JANUARY 15, 2025

7 Words That are the Seed and the Fruit of Self-Liberation

Original Talk Date: December 30, 2015

Key Lesson: The whole idea of wanting “more” cannot be separated from the idea that one doesn’t have “enough.” Seen properly — unmistakably evident in this revelation — is that one’s lifelong pursuit of “more” is, in fact, spent in the service to an incomplete, constantly needy nature that, at best, can only be momentarily satisfied.

Talk Takeaways

- If we have everything but peace, then what do we really have?
- Peace is what happens when the opposites are perfectly reconciled.
- There is a peace that has nothing whatsoever to do with what thought constructs.
- What is the center of your universe? The center of your universe is whatever it is you are attending to at any given moment. The center of our universe is whatever thought or feeling happens to appear that we identify with.
- The realization that you presently have no center is the necessary prerequisite to living from a true center.

- Either I am, or I am wanting. If you are truly present, are you wanting for anything? To be wanting implies that there is separation from what you want.
- Wanting does not exist without not-wanting. You can't have a want without the attending opposite.
- Everything created is an action of opposites that are constantly being reconciled.
- The pain of not-wanting is born of the pain of wanting what we do. And presently, we don't know who we are without our collection of wants.
- The awareness of the opposites of wanting and not-wanting, at the same time, is the beginning of selling the sense of self that comes out of that identification.
- We are not real human beings if we don't know what others are feeling, and we don't know what others are feeling as long as we are identified with what we want or don't want.
- The extent to which you want something is the extent to which you don't want others to have whatever it is that you are coveting. In reality, your brother's and sister's welfare cannot be separated from your own.
- Rushing to get what you want always comes with anxiety. As long as you are fine living with anxiety, you can have what you want.
- All unconscious suffering is connected to having acted against ourselves without knowing it.
- There is a reconciling force that exists that will reconcile the opposites when we don't interfere.
- We suffer unnecessarily because inwardly we are a house divided. Being divided means having no awareness of the fact that what we want always comes with what we don't want
- The Work introduces a person to a completely different sense of 'I' that is not born out of wanting. Remember: Either I am, or I am wanting.