



WEDNESDAY, JANUARY 22, 2025

How to Succeed in Life Without Stress and Strain

Original Talk Date: January 20, 2016

Key Lesson: The psychological weight of any pressing moment is the same as whatever level of importance is assigned to it by an unconscious part of us; this lower level of self looks for any situation where it can add "a cubit to its stature" by first imagining some unmanageable burden into existence so that then... it can feel itself struggling to carry its own impossible load!

Talk Takeaways

- Anything in us that has no substance of its own will always struggle to make something important of itself.
- A lot of what ails the physical body manifests because of an ongoing interior conflict
- The same part of you that created the problem you are struggling over tells you what you must do to resolve the problem.
- You cannot change without the interior part of yourself that can see and watch the other parts of you in action.
- The body cannot relax as long as the mind is always busy trying to resolve the problems that it creates.
- Trying to appear as someone important is a great source of tension.

- If you are tense, you are carrying around a heavy weight without knowing it.
- If you want to be healed by spiritual light, you have to open yourself up to receive it, which means to be open to the facts that the light reveals to you about yourself.
- Anytime you are carrying something around without knowing it, something is talking to you about why it is necessary to carry that weight.
- To be "in the world but not of it" is to be psychologically above the world in yourself, observing that world and aware of its activity.
- The punchline of the father and daughter story was: "The river will carry anything that is willing to float." Life carries anyone willing to wake up to the truth of themselves.
- When did what you agreed to do turn into a weight that you believe must be carried around?
- The self that is tense thrives on imagining a time to come when it will be able to relax.
- There is an unconscious part of you that follows you around with a whip, keeping you in line by threatening you with what will happen if you do not reach the imagined time to come.
- Ignorance of yourself is the only problem that you have, and the source every imagined burden that you carry around.
- Nothing in the world can stop you from being no one.
- "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." -- New Testament
- The part of us that stresses and strains over everything does not care about what might happen if it did not stress and strain. It loves the stress and strain.