

**September 2023 “Weekend of Wisdom” with Guy Finley**

***There is No Greater Joy in Life Than This!***

**Wednesday, September 20, 2023**

*Overthrow the Unseen King of Useless Actions*

*and Start Ruling Your Own Life*

Good evening, everyone. Uh, good evening to the students in the room, and good evening to those students online who are joining us this evening. Welcome to our Discovery Wednesday class with Guy. My name's John. I'm happy to be the host for our session today. In a moment, guy will present the material he's prepared on the topic that you see below you on the screen. Uh, he will give about a 60 minute talk on that material, and then afterwards we'll take a short break and then come back for an open discussion, uh, q and a with those of you online and the students in the room. And together, hopefully, we will just deepen our understanding of guy's material and what he's shared with us just a little bit more. It's so helpful to hear the questions and comments from those of you online and to hear the same from the students in the room and to put them together with guys talk and work with it. So, we hope you'll stay for the entire session. It lasts up until about seven 30 our time. Um, for those of you online, uh, please again, communicate with us, participate in the class. I know that guy will invite you at some point to do so. So please send in your comments in the chat area. If you're on Facebook or YouTube, please raise your hand if you're on GoToWebinar and talk directly to Guy. And again, let's work together tonight. Finally, before I read the topic and the key lesson, just a reminder to the students in the room, please check your cell phones and make sure you've turned them off. So here's our topic. Everyone overthrow the unseen king of useless actions and start ruling your own life. Here is the key lesson to see that taking thought leads to not is the beginning of the end of all useless solutions. Good evening, everyone, and good evening. Good morning, good afternoon to you who are joining us. Wherever you are in the world, whatever time it is, it is always the right time to lend yourself to something that is trying to give you an understanding that can be found nowhere else other than in the moment when you give yourself to the wish to understand. That's what all of our talks are about. Every meeting, including our Wednesday nights when we have our discussion. And if you've never joined us on a Wednesday night, Wednesday nights, we have a, a kind of a group involvement. We invite the men and women in the room and all of you, wherever you are in the world, to participate in what we are working to understand in that particular session. Now, I need to make a few, uh, opening comments connected to a broader theme. Uh, this coming weekend, Friday, couple talks on Saturday and Sunday, I'm gonna give roughly four talks. And the topic of these special weekends that we hold once every quarter here at the foundation is, there's no greater joy in life than this. One of the challenges I have as a presenter of these ideas Is that I have to realize that not everyone is joining me all the time in the same place, in the same order. And that it's most difficult to lay out what is essentially a, an entire presentation, a theme, uh, where by the nature of the audience, although I wish it weren't so, and I can't tell you strongly enough, you know, look, maybe it's not what I'm doing or what I'm teaching, but if you, if you find something that's true, sweet God hits yourself to it. You, you connect yourself to it. You give yourself to it. Don't waste anything. Don't waste any time. You don't know how rare it is to find something that brings light into your life. But the problem with the light that comes into your life from these classes is the first thing you see by that light is that you've been deceived by what you've called light. And nobody wants that. But I tell you, if you can get a taste of what is true, it can open up inside of you something that is unstoppable. It, it, it, you belong to a flow that began before you were born and that will never finish and that you're intended to be a part of. And that's what these meetings are for, to help you understand that, to belong to that greater life that is endless, that is eternal. That's the real joy in life. So I want to set out here this idea that I'm going to talk to you tonight as an introduction to the weekend, certain ideas. But that doesn't mean that on Friday, Saturday, Saturday and Sunday, that those talks won't be forwarding these ideas because they will. But my plan is that each and every one will hold in itself of itself some kind of nugget that you can take and work with, because that's the point. And I would add that if you work with any of the real ideas that are presented here, you can't help but discover what is true because they belong to a part of yourself that you just don't know yet, which is the purpose of the real work anywhere and any time on this planet, which is to help men and women remember what they've forgotten. And you've forgotten who you are. And There's reasons why you've forgotten who you are. And that's one of the reasons that we have these meetings, including tonight. So a little hint over the upcoming days, I'm going to talk about the joy of being in the right place at the right time, doing the right thing. You know, when you're in the right place at the right time, doing the right thing, you know there's nothing else to do. You're done. There's no leftovers, no residuals. I'm gonna talk about the joy of being useful. Most of us know nothing at all about being useful. We know how to use people, but we don't know how to be useful to the broader light, to the grand life. We don't know how to be useful to the divine. And until you can learn how to be useful to the divine, your life is useless. You may be a special person. There may be people that throw themselves at your feet and say, I love you. I love you, I love you. But until you have a useful relationship with the moment that is given to you to complete yourself as given by the divine, your moments are useless. Which by the way, is why we study here. Most of us have started to recognize I've been here, done that, gone here. I've eaten everything under the sun and then some, And I'm still as empty as an old clamshell. I'm gonna talk about this evening, the joy of self-knowledge as an introduction to the series of talks, the joy of self-knowledge. Why? The joy of self-knowledge. Certainly you've heard the expression may, maybe you don't understand it. Know the truth and the truth will set you free. But nowhere when it was written, know the truth and the truth will set you free. Was written like the truths that don't, uh, interfere with what you love and get rid of anything that interferes with what you do love. Nowhere in the world does it say that everything says know the truth. And it doesn't put any disclaimers on the truth. You and I have lots of disclaimers on the truth, do we not? So that's what we're gonna study, but know the truth and set me free. But what is it gonna set me free from? You know, we have this grand, grand idea about a truth that's gonna set us free. And when we have this idea, like we talked about on last Sunday, We're all identified with this image of a time when we will become free. And we call that the freedom we're looking for, but it never dawns on us that we wouldn't be looking for a freedom in a time to come if there weren't something that we were engaged in, in this moment that was a little bit troublesome, to say the least. So the whole idea of seeking a time to come begins with understanding. There is a time in my life all the time that I don't want to be here. I don't want to be doing what I'm doing, let alone looking at the past where all of my actions have proven useless to date. I'm just not interested in it. Are you interested in it? I go, no, I'm not interested. No, not really. Not really. I'm not really interested. I say I am. But what happens when the moment comes? This is what we're gonna look at. What happens when the moment comes when all is said and done? Here's why. The truth, the joy of self-knowledge. When all is said and done, the only thing that you and I suffer from ever is self ignorance. End of story, is the only thing that a man or a woman suffers from. Now, I'm not saying that you're not gonna suffer. Certainly I know physically there's a lot of stuff to suffer with this body. This body is, uh, you know, on the, on the, on the downward leg of this journey. It's not going, this is grand. But even that, even that suffering can be a kind of joy. Talk about that this coming week. I find joy in my affirmity said St. Paul, how in the name can a person and the name of God can a person find joy in their infirmities? Unless it is through those infirmities that a person finds a real strength, which is what we're intended to find through those infirmities. But let me not get off on too deep of a tangent. Self ignorance on the other side of the fact and the joy of self-knowledge is that, and I think some of you know that there's no end to what I can discover. There's no end to the discoveries. There's no end to the epiphanies. There's no end to the aha moments. There's no end to them. And I don't care where or what you're doing when you see something beautiful, it's beautiful for the first time. So there's the joy of the first time that's connected with true self-knowledge. what you're doing as you're doing it, because that's where beauty rests. And that's what true self knowledge finally brings you to, because it finally separates the wheat from the chaff. And everything that is part of ignorance is recognized as such and as it is, uh, uh, released. So are you, you're released from the, the weight, the pain, the burden of believing that you know what is true when it's evident that if you're suffering in that moment, you don't know what's true. So let's make a little transition here. I have several stories to tell you tonight. Ready? So here's a what we'll make 'em, we'll make them, uh, brothers. And one of the brothers is, uh, a fairly successful businessman, made sacrifices able to achieve certain things, and the other brother is a, would be successful businessman, someone who is forever and always, um, working in some way or another to invent something. And he's been wor been working on one invention for like 142 years. Now, please understand, this is your story. You don't know it yet. This is your, have you not been in trying to invent happiness for the last 142 years? Yes. Have you not been trying to invent reasons why you aren't happy? So that in finally getting that all worked out, then you'll know what to do. He's been trying to invent, and what he's manufactured so far is a large sort of lifelike looking person, but it's got all these extra extraneous parts connected to it, bells and whistles and turning things and smoke that comes out of one side. Wheels that turn, but don't touch the ground. The thing is a true Frankenstein creature, because he keeps adding things to it when it doesn't do why he invented it. Remember, this is a true story. So finally one day the brother comes and he's, he's his brother down there in the workshop, and he's just a mess. Oil and grease and wheels and gears and levers and switches everywhere stuck to his hair. And he says, you know what, brother? I don't understand. This thing doesn't do anything. It shakes, it smokes, it kind of jerks around like that. But the truth is, you keep trying to repair, you cry to make it into something. Uh, I When are you gonna finally give up on this thing and recognize you're not gonna, it's not gonna become whatever it is that you've imagined. I don't understand why you keep messing with it. And you know what his brother said? You wait and see one of these days, it's gonna really do something. One of these days, it's really gonna do something. One of these days, when I straighten you out, my life will work the way it's meant to work. One of these days when I get everything ironed out with my family and friends, one of these days when my money is finally secure, one of these days when I'm not afraid because I've got everything in place, you'll see then my inventions will work. Everybody following so far now, bringing you in? Not yet for the list. If you really knew that there was nothing, how many of you have invented endless explanations for why your life is like it is? Mm-hmm. Sure. And have you ever had an endless explanation that wasn't connected to an endless possibility, connected to the promise of I'm finally through that, I fixed it. Now I'm gonna get to the other side. Yes or no? So if you knew, this is critical now because you don't, if you knew you could not fix something, not to mention the expense of the endless repair kits. You know what I mean by repair kits? If you knew that, how long would you keep investing yourself in something that promises to make things right, but never does? If you knew beyond the shadow of a doubt that every time you got into that workshop and started tinkering thinking, if you knew that that was never gonna get everything right, how long would you keep doing it? You would, you, you just stop, wouldn't you? You wanna know how a mind gets quiet? Your mind gets quiet. When you stop tinkering with thought, trying to produce the troubles that thought creates. That's when your mind gets quiet. When you finally see through this endless chatter, This Constant reconfiguring, whatever the problem is and what the promise is tomorrow. Because every last thing that I'm getting my hands on belongs to something that was broken when I started working with it. And it's not that the imagined idea is broken. What's broken is the level of consciousness that hopes it can find its true self through anything it imagines. That's what's broken, is this level of consciousness. And it's not even really broken. It's broken because we have a wrong relationship with it. One day, as your relationship changes, you'll begin to see everything is just exactly the way it's supposed to be here on this strange planet called Earth. It is. It's a very strange planet. Alright, write this down. We're working towards a big question. Are you excited? I don't think so. I don't feel that, I don't feel that excitement yet. Write this down. Useless actions are born out of useless, negative thoughts and feelings and all useless negative states are born out of useless. What? All negative states are born out of. Useless. What? All right, hold on. I knew you wouldn't have it right away. Is this time for the other story? Okay. It is. Imagine you're with a group of people. You've paid a gazillion dollars to go someplace like to the market. And I, everybody's sitting there after this extraordinary, uh, journey and you're in a really, a quite a beautiful place and everybody's kind of excited. They're talking about stuff. And then you look over and there's one person, Mr. Grumpy, sincerely. Now, the first mistake you can make is ask, why are you grumpy? I swear to God, people can't wait to talk about their problems. You want to, you want to change your life? Stop talking about your problems. God, you don't see it's, it's like, it's like a, a, a sorry for the expression. It's like a river of blood. It just pours out. It never stops. And you never realize it doesn't stop. You have no pity on the people that you talk to because they're not interested in your problems are you are not even interested in your problems. So here, here, this person sitting there all grumpy. And finally, somebody says to them, what's going on? We're in the most beautiful place in the world. We're the most fortunate people in the world. Why? Why are you unhappy? You know what the person says? It's not quite the way I imagined it. You wanna know why There's no appreciation and no gratitude in this world? Because we live from a consciousness that never stops comparing what it wants and imagined that has to have to what it is that it's given. And the greatest joy there is in this life is to realize that you are always being given everything you need to change your present consciousness. That is never content with what it's given, because it never quite matches what it expects in that moment. I'm not saying there aren't a few moments of gratitude, but if you out, if you weigh on a scale, gratitude versus resistance, which way does the scale go? Resistance. Resistance to recognize resistance as the source of all useless actions is the beginning of you. Freeing yourself from useless struggle to recognize that resistance to any given moment is not just the source of all useless actions, but it is also the freedom from the wreckage that follows all useless actions. Aren't, isn't there always some kind of wreckage that follows a useless action? Yes or no? Let's build a list. Let's bring the list up please on the board so everybody can participate. And I will prime the pump. As always, we're doing this for the sake of gaining self-knowledge. The ideas are not self-knowledge, but the recognition of where we fit into the experience begins to help us see where it is that we are improperly identified with certain states. Here's the name of the list. We're going to build everybody out there in the room name some useless action that you know from past experience is not only useless, but has caused you and likely others. Some form of useless suffering. One more time. Name some useless action that you know from past experience is not only useless, but has caused you and likely others. Some form of useless suffering. Let me prime the pump ever so quickly. I'm gonna ask useful or useless. Ready? Yeah. Trying to change someone into what you want them to be. Useless Out loud use. It's, it's, it's, it's worse than useless, isn't it? the more resistant they are to you. And sure that the only problem they have is you second useful or useless fawning for the approval of someone that you think can give you something. Why is fawning useless? Why is fawning useless? Well, first of all, not only does it attract from the other person the opposite of what you expect, but all for fawning is born out of the fear of rejection. You never fawn without fearing the rejection of who it is that you're fawning in front of. Whether it's him, him or her, or what they can give you. So the very act of fawning actually belongs to the useless action, belongs to the nature that believes it has to be approved of or it's nothing. Do you understand? A couple more and then you're on number three, useful or useless, trying to get others to see where they're wrong. How does that go? Useful or useless? Useless. Alright, You're on Patricia. Giving advice. Giving advice. Cast not your pearls before us. Swine is giving advice. Wait a minute, when they haven't asked for it, is that useful or useless? Useless. It's worse than useless because you win the enmity of the person you're beating over the head with your knowledge. Who else in the room? Terry? Blaming. Huh? Blaming. Blaming. Absolutely useless. We're gonna talk about blaming in another portion of this talk. See, there's useless actions and then there's something that hides useless actions. Hmm. You'll see, uh, resistance is the father of useless actions, but it is also the king of disguises as we'll. See. Boy, the board is just flowing already. Uh, Rebecca, uh, overcommitting. That's pretty useless. Uh, trying to fix someone else's wrong thinking. We touched on that one. Complaining. Big one. Randall pleasing someone to get approval. Anybody in the room? Let's keep going. Debbie. Berating myself. Yeah. Judging myself. Loathing myself is absolutely useless now. So far so good. Let me go on. Claudia. Trying to control, how about this? Trying to control the outcome of anything useful or useless. Now you say it's useless if I might jump in and yet here's the thought, but if I don't control this, things are gonna get really problematic. Failing to see that it's still problematic. It doesn't matter how many problems you have solved through control. The issue of control belongs to a nature that's always in fear. Because only fear tries to control moments in order to keep its identity in place on the board. Joan judging? Yes. Gino complaining about the state of the world. That was one I had on my list too. There is nothing more useless than belonging to a group period. And that includes what you call your family. Not that there shouldn't be familial love, but you belong to your family for the sense of security they give you. And also for the sense of yourself as being someone special as you sit in judgment of your family members for not being as good as you are. Yes or no? Uh, Brian. Fear of not being able to solve an imagined future problem. I mean, think about that Brian. Everybody understand it? So, fear of the future. Can you? Where does fear of the future come from? From imagining something negative? So I've imagined something negative and then I try to figure out how to save myself from my own imagination. Useful or useless? Useless. Useless on the board. Boy, they're really rolling in, uh, trying to get, Denise says, trying to get someone else not to procrastinate. That's very funny. Yes, Gloria. Trying to win by someone's love, codependency. Creating dependency. It seems useful because it keeps in place the sense of myself, but in the end, there's nothing more useless because it always proves to be my downfall. Not only do I resist and resent someone who doesn't appreciate everything I give them, but I actually sit and judge them for it, believing that I'm doing this out of love. Useless. Assuming I know the reason for someone else's actions. Yeah. Here's something absolute useful. Thinking about why somebody did what they did. Useful or useless. Useless. And yet what do you spend your time all day doing? Why in the hell is that person like that? I just don't understand why they have to be like that. Have you ever had that thought? And when you get that thought, what comes next? The next useless thing. I'm gonna show them where they're wrong. Uh, Judith. Predicting outcomes. Of course. What is could be more use. What's that saying? Uh, men make plans and God has a good laugh or something like that. Uh, in the room, please. David Intellectualizing. This is David said intellectualizing. Now what does it exactly mean? Said intellectual David about intellectualizing. What does it mean? It means I'm gonna think this sucker to death. I'm, I'm gonna sink my teeth into this thought and I'm never gonna let it go until it finally screams. You're right. Except the only thing that screams is your jaw from clenching. You get jaw tension, jaw, whatever they call it. Barbara Plan. What I'm gonna say to somebody, What could be more useless than planning a speech? If I've written it out and thought it through, I'm up on the, the day there with a big board and I'm, I'm laying out my notes. Trying to prepare in advance for any moment in order to protect yourself is what Is. Well, this keeps going. Ellen Feeling guilty? I Ellen, I I'm like psychic. How did I know Ellen would say feeling guilty. What's more useless than guilt? Why am I guilty? Let's listen to this because the last useless action I took didn't pan out the way I hoped it would. Therefore, I'm less than I imagined myself to be. So not only am I a terrible person, but I'm guilty for being a terrible person. Right? S absolutely. I love that you can smile now at these things. Alan, you never used to be able to do that. That's a good thing. Who's gonna hand John? Ask somebody if they're mad? Does he do that? Does he, does he do that quite a bit? Debbie? Yeah. John said What? What's more you? Why is asking somebody if they're mad? Give me a moment. I can't do it. Are you mad at me? What's more useless than asking someone if they're mad at you? First of all, if you have to ask the question, you're in the wrong place to start with. But why is asking someone if they're mad at you, useless anybody? Dangerous response. Because all I wanna do is somehow other be what you need me to be in that moment, even though I can't stand the fact that I have to be something other than I am and that you've judged me. So I'm asking, are you mad at me? Because I know you've judged me and I resist the judgment and I believe somehow or other if I can just get you to go, well, you know, honey, blah, blah, blah, blah, blah. Wait, then you're gonna work it out. How many have conversations filled with enmity that are useful or useless? Is resentment useful or useless? Useless out loud, Useless. Uh, maybe I should stop now. We've got like 3000 of these things. Alright? That this is pretty good. Some of them we didn't get to, but one of them I'm just gonna throw in as one of the more useless things could possibly do. How many of you try to avoid unwanted moments? Please tell me, how does it go when you try to avoid an unwanted moment? Are you the one making the choice to avoid the moment? It seems like it. That's the usefulness of it. It feels like I really know what I'm doing. I need to get away from this problem, this person, this condition. But what am I really trying to escape when I try to avoid an unwanted moment? What am I actually trying to escape? My own weakness, my own ignorance. Can I escape my own ignorance by running from it? No. So is running from unwanted moments useful or useless? So far so good. Now we built a heck of a list of things that we do every day. Do we not do every one of these things virtually every day? Transition part two. What time is it? Good. How come I don't know this, you just said as a group we had at least 40, maybe 50 ways in which 50 ways to leave a useless life. And and all we do is just list all these useless things we do all day long. How About daydreaming Thinking? How come I don't know, it's useless. Wouldn't that be a good question? If I do useless things, how useful can I be? Not just to myself and the people that I love, but to the divine itself? myself. It's impossible. You want to be useful to what you call this broader world. You are not just, you're not just not useful to the world, but everything that you do to be useful to the world is given you to do by a useless action. 'cause we just described all of these useless actions. Why don't I know it? Ready? Because Where do all these useless actions come from? Resistance. You can't have a useless action that isn't born in resistance. You must see it for yourself. Can we go through that list? If I'm trying to change someone and it's a useless action, why do I want to change somebody? Because I'm resisting them. Something about them is really getting my goat. And I don't want to be a goat. I don't want to be judging people. Why do I judge people? Why do I judge people resistance? I resist them. Same reason I wanna change them. Why? Why am I speaking of more useless actions, endless distractions as if I've just haven't distracted myself enough? When I come to the end of everything I've distracted myself with, what does my mind come up with? More distractions. Are distractions useful or useless for a man or a woman who wants to grow into a useful relationship? Useful or useless? Useless. And where does all of this distract? What, what, what's the father of all this? Distraction? Resistance. Out loud. Resistance. Resistance to what? Yes, my wife said it. I don't want to be me. I'm not happy being me. I don't wanna be where I am. I don't particularly like the way things are with where I am and I don't like the experience I'm having. All of that is resistance based on a certain kind of unseen pain that comes up. And because that resistance requires a partner, here's the transition. Resistance has 10,000 disguises. Remember I asked why don't we see it? Why don't I see these useless actions? Because resistance has 10,000 different disguises. Wouldn't that make sense? I don't recognize it in the moment that it appears. Why don't I recognize it? Hello? One of the reasons is, is because something, as part of that structure is always, by the way, uselessly justifying in some useless faction what I just did. So I take a useless action and while I'm taking the useless action, believing that this is the most useful thing I could possibly do, and then I find out I've just got, here's another story. A couple of, uh, people work for, uh, a a homeowner, big homeowner, let's say they've got two or three people that live in the house and, and take care of stuff. And they whisper amongst themselves about the the owner because the owner spends an inordinate amount of time behind a certain locked door that only he has the key to. But from out of which you can hear from time to time certain explicative come rising up, certain shouting and yelling and sounds of anger. And he's in there by himself. Like he's talking to somebody and they're trying to figure out what's going on. And one of them who's been there a long time says, well, I know what's going on behind the closed door. What's going on behind the closed door? What is behind the closed door? 'cause if I knew that, I might have some clue. He said, the owner here spends endless hours tinkering with and then trying to reassemble the remainders of past useless actions. Case. What do you think you think about all day? It may not occur to you that you're in thought all the time for not, what do I think about? I'm thinking about past actions that didn't work out because as I uselessly go through those past actions with my intellect, that same intellect that is taking part in that process is busy reassembling all of the various parts as if it can put something together from the past that's going to produce a produce a present awareness. Do you understand that? Okay, Transition An O m g moment. You got one? Anything? Something just like that. And in a split second, you and I both know we're we're, and it isn't amazing. You can be doing something with no awareness of how irritable or tense or angry you are. And, and in a heartbeat you can be about a heartbeat away from a stroke because there's such, there's just a sudden inside of you. It's amazing, isn't it? Where, where does that come from? And what comes of those moments? That's what we're talking about. So again, and again and again, yes or no, we reach these moments out of the clear blue sky when all of a sudden there's this big problem. And to the point, in spite of all of the changes that I've made, I'm right back in that same state again, trying to figure out what do I do with this state again? And when I'm trying to figure out what to do with this state, I'm in the grip of resistance. Am I not? So here I am and more times than it's possible to count person, place circumstance is summarily. What? Why am I feeling this pain? We're talking about one of the 10,000 disguises of, uh, resistance of false actions. Well, I don't know it. What would be one of these 10,000 disguises I'm hinting at it. If I'm sitting here and I'm full of what? Towards someone or something, what am I full of? Blame, blame resistance. Hides behind blame. Because the moment that you have this sudden resistance, you are sure that that negative reaction is pointing to someone or something outside of you that is responsible for the pain that you're in. And that's why any action you take predicated on that conclusion is a what? Useful or useless action. Useless Action Over and over again. Name something that changes. Find out it didn't change. So now I'm asking you, let's name one thing that never changes in spite of all the changes that we make. Let's name one thing I've been hinting at it the whole time. That never changes in spite of all the changes that we make. Pat said, thinking about ourselves. No, I mean that's yes, that's true, but we're looking at useless actions here. And of course that is one. But I'm looking at one thing in particular. What is the one thing that never changes no matter how many changes, how many useless changes I make? Dissatisfaction What? Dissatisfaction. Dissatisfaction reaction. Alright, so my reaction, we, we, these are all accurate words, but where does this dissatisfaction come from? Where do these re negative reactions come from? Where does all this thought about myself coming from? The same exact thing. An unconscious nature full of resistance in the moment to anything that has challenged its idea, its image of itself. Every last useless action is born out of an unconscious relationship with resistance that tells us when it is prodded, here is the problem. Here's the path. Get to it. And we never think to ourselves that that resistance is hiding behind what it is blamed. Because the moment we know what to blame, we're so sure that we know the solution. We never question the action we take. Have you not seen that? How quick we are like that with actions, what we call actions. The, the, the rapidity of that action is born out of a self, a consciousness that has no idea what's going on that only knows how to do one thing. Where does all of this resistance come from? What is the nature of all of this resistance before we get into these 10,000 disguises? What is the nature of all these forms of resistance? This, this innate conflict. I've been hinting at it again. Anybody Close want and not want? I know what should be. This is what is Right. What is is not the way it's supposed to be. You're not the way you're supposed to be useless. Action fix you. I'm not the way I'm supposed to be. Useless action, hate myself. Spend more money on useless, ridiculous, uh, solutions. There is an essential conflict in this consciousness that we are ignorant of. And until we begin to awaken to its ceaseless action, inwardly, which is what something in me, without me knowing, it compares every last instant to what it expects the moment to be like. So that the split second that you're not, it's not, they're not what it was supposed to be. I'm filled with a useless resistance that gives rise to a negative reaction that points to the problem outside of me. And resistance has hidden itself again. That consciousness has hidden itself again. 10,000 disguises. Everybody following me? So what are some of these disguises? Now we made a list of all the ways in that are useless actions. I hinted at one of the disguises blame. What's another way in which resistance? Uh, disguises itself. Terry defending myself instantaneously defending myself. And you can see this was the problem I had when I was putting together the talk because defending myself is clearly useless. But it belongs to a useless part of myself that believes that I cannot be insulted. Nobody should disrespect me any point. So I defend myself the minute that I'm caught up in that defensive act. Resistance is hiding itself in the sense of you are attacking me. You are attacking me, just looking at you. I feel like I'm attacked. Have you ever judged somebody without knowing anything about them? How do you get to that place? I've just described it to you. Anybody else? Uh, John Justifying my negatives. This is one of the biggest ones. I have this at the end of mine, one of the unbelievable. And yet one day it'll be inconceivable to you that you never recognize it is why in the name of God am I always explaining myself to myself? Am I not always justifying why I'm worried about my health, worried about my money, worried about my family, worried about him, her, this, that worried about the government, worried about the sky that may be falling, worried about the client. I got more things than I'm worried about, than I know what to do with. And I'm gonna ask you, I was gonna put this at the start of the talk. What has any of those actions produced, born out of your resistance to what is, has any one of those actions changed anything real in this world? It hasn't this, this nature. And it is a nature by the way, this, this fallen consciousness, this resistance that is divided up into want and not want it is it is it has snuck its way in and woven itself into this consciousness and the world that this consciousness has created so thoroughly that we now believe that bickering governments, bickering countries, bickering people. We actually believe that there's a right side and a wrong side to their hatred. They're both on the wrong side because both of them are following a useless suggestion to produce a useless action that will in turn create the next pain and the next problem that will only compound the entire, uh, complexity of a consciousness that never stops contradicting itself with its own actions. I might add everybody following. So what's another one? Uh, Eric? Passive Aggressive. Passive aggressiveness. For sure. Absolutely. Everybody knows pretty much what that is. Chris, oh, For react. This is a do you ever, how many of you ever think to yourself when you go like that? I'm not pointing fingers. Do you ever think to yourself in a moment like that, that that's a useless action? Do you, do you never do? Because when am I more real than when I'm in the hands of a useless action? Now, if I'm actually more real because I'm in the hands of a useless action, what does that tell me about the reality of that consciousness? Is it real? Is anything I do in the grip of a useful or useless, useless, useless? But is it gonna change you? Is it, I hope to God that this study that we're doing will at least seed in your heart and mind at least a su a suspicion that in the moment where you're in the grip of that, you'll find out, wait a minute, how many times have I been like this? Useless reaction gives rise to useless action. Useless action gives rise to useless reactions and relationships. And all it does is just seed itself and seed itself and seed itself. One day you have to think to yourself, you know what? I'm sitting here and suddenly I'm afraid. Suddenly I'm full of fear. Now, how many times have I been full of fear? Can you count them? How many times have been full of anxiety? Can you count them? How many enemies do you have? Can you count them? And almost not how many times do I do that before one day I'm sitting, oh, you know what? I've been betrayed. I'm, I'm in the midst of a consciousness that is betraying itself. is to protect what I fear losing. That's What it says. So it's just, and but don't do it like you always did it 'cause that was useless. Please let that sink in. Don't do it the way you've done it before. So here's the new way to do what's useless. But it doesn't say, here's the no way to do what's useless. It says, here's a useful new way to protect a fear. Now, is it useless or useful to protect a psychological fearful nature out loud? Do you have any doubt about that? No. If I ask somebody, why are you mad at me? I'm asking, are you mad at me? Because I'm afraid that I won't get and be with you what I need to get and be with you? Yes or no? So it's fear that's asking the question. So what is useless? Always hides behind some form of fear, doesn't it? Please, this is what we're what? The disguises. How about enabling people? How about in? Does is, is enabling people useful or useless? Use out loud, please. Some of you just don't want to say it. Useless. What's more useless than you sitting here and being afraid to admit that what you do every day is useless? Why are you here? Enabling others is absolutely useless. In fact, it's worse than useless. Why is it worse than useless? Anybody want to venture? I guess you're ruin because not only am I I'm not just ruining you. I can't ruin you until I've ruined myself. So any way in which I create dependency another human being is me afraid that if they're not dependent on me somehow or other, they won't want me and need me the way I wanna be needed. And I'm terrified of that. So if I'm terrified of not being needed, what am I really like? Am I useful to myself or anyone else? Or am I selling soul and taking everyone downstream with me in a useless action? Do you see it? Anybody else? What, what else is you, Barbara trying To prop? And this is one of the talks that I'm gonna give over the joy, joy weekend. What, what could be more useless than trying to be something that I'm not? Well, see, to me, this is joy. You're not so joyous right now, but all I know how to do is, is to, is to manage my appearance. I dress, I make, I put Charlie puts on makeup, I do all these things to do what? To get you to see me the way I want to be seen. And I don't know that you're just judging me tooth and nail because I'm not seeing you the way you want to be seen. So you get a bunch of people together to party and everybody's looking to everybody else to affirm them and who they are in that moment. So is anybody actually at the party who's having the party, the father of resistance and nature set against itself that draws everybody together for the purpose of creating more of itself through creating in these individuals the useless action of judging oneself and judging others and maintaining the incredible pain of wanting to be seen as something special. There is nothing more useless than wanting to appear special. And yet it's, it's, isn't it? It's just, it's like hardwired, isn't it? Anybody Else? Maybe we'll go on. Let me get to the exercise part of this. So we've talked about useless actions. Do we have a good list? And we've hit and we've talked about how there is a father, there is this master of disguise that resistance is absolutely a master of disguising itself. And this is one of the useless actions. But just to make it ultimately clear before I go on, one of the ways in which resistance hides itself, disguises itself is through complaining resistance hides itself in confusion. Resist, resist. Look. When I'm confused, it's because I'm caught up trying to prove to myself that I should know what I don't, or that someone knows what I ought to. So here I'm, and I'm confused. Do I know if I do, I'm not confused? If I don't know, why am I confused over not knowing other than I have a, an image of myself as someone who should never be confused. So there's resistance isn't there? If I don't know, I don't know. This is one of the big problems that men and women on this planet have. Talk about a useless action pretending to know, Pretending To be someone useless. But when it comes over to me, do that. Am I thinking to myself, this is useless? Or am I thinking to myself, how useful am I? Alright, Nice deep breath. We're gonna get into our exercise. The joy of discovering what's beyond resistance is unimaginable because it's not found in the opposites, which is the only place we know where to look. The joy of discovering what's beyond resistance is unimaginable because it's not found in the opposites. The only place we know to look for relief. Rather the joy of discovering what's beyond resistance is in the end of the imagined self born of them, of those opposites. The end of a self always trying to save itself. That's the joy of what's beyond resistance. When we talk about resistance, we always talk about this idea. It's an i, it's a a, an I quote, a quote, something I like on the other side of the resistance is on the other side of the resistance is the flow. I never get to the flow. Why? Because I'm captured by one of the disguises of resistance That's giving me a, a useless action to take. If I get to the point where I see, which is the whole point of this talk, let's bring up the last key lesson, please. Oh, good. Here it is. Until we can see that the pain of unconscious resistance marks the end of that path to that point, we will never be able to see, let alone realize the possibility of discovering any other path past that moment. Until we can see that the pain of unconscious resistance marks the end of that path. To that point, follow me. This is such an important idea. I have an idea, I have a belief, an image, I have something. I follow it, I do it. I can't help it. That's the action that suggests I take it. But when I come to the moment where suddenly that path that I'm on has, there's no further to go. How do I know there's 'cause Suddenly I'm filled with resistance to anything that's challenging where I thought I was going. That is the end of that path. Resistance marks the end of the known path because what are you resisting other than in that moment what's threatening? The known? So the next path has to do with going beyond the resistance and entering into what is unknown. Because you'll never enter into what's unknown, which becomes the next body for you. Until you realize this resistance doesn't wanna get past itself. It doesn't wanna go past what it knows. So it reinvents itself. It recreates itself endlessly. And I don't know, it's a useless action to let my own negative states tell me how to reinvent myself. The last comment I'm gonna make, there is nothing more useless than painful resistance other than the negative reactions that it gives rise to. There is nothing more useless than a negative reaction that you are identifying with. Period. If I knew that, and not just with my intellect, but through direct perception, what would happen when that came up? Would I be free of it instantaneously or is it there? And for the first time in my life, instead of a useless action, I have the new choice of being aware of what is a useless action. And observing that consciousness, trying to lay down a path for me that has proved itself useless 10,000 times. I come to the end of that path. Resistance can only take a condition and produce out of it a reaction. When you realize the reaction to this, whatever you're resisting, is just the way in which that resistance is hiding itself, disguising itself. You reach up and do what? I didn't have an example. I wanted to tell you a story. I'm out of time. Pull the mask off. Would you like to pull the mask off of every unwanted moment in your life? Yes. Wouldn't you? I've described how to do it. You pull the mask off by seeing that you're standing in front of something. That moment that has disguised itself, that that excuse that uh, action, that all of those things that we have just proven are useless. I just can't do it. And God help me. I I'll paraphrase St. Paul. I don't do the actions that, that I would, I do the useless actions that I would not Well one day, I, I I just have to stop doing the useless actions, don't I? Where am I gonna get the courage to stop doing the useless actions? It's gonna come to me from the intelligence of recognizing that only a fool picks up a useless action and believes it's going to free him from his pain. The useless action is the continuation of the pain, not the path to the end of it. The useless action is the continuation of the pain, not the end of it. You understand that? So the exercise simple. What's on the other side of this unwanted moment? What's on the other side of my resistance? I never find out what's on the other side. We know intellectually on the other side of the resistance is the flow, but I've never found actually what's on the other side of resistance. Why? Because resistance gives me a bunch of useless actions to take. So what I'm trying to do in this talk, and I'm done with it, is get you to see, you know what? I may not like it, but these things that I do all the time on a daily basis are useless actions. And I know if I take a useless action, it's gonna deliver a what a useless result. And I'm tired of useless results because when I come to another useless result, it offers me what another useless choice. And round and round I go going nowhere. So here I am, I'm starting to feel resistance. What's gonna happen? What does this mean? What are they gonna do? Where's this gonna go? What's gonna happen? And I realize the problem isn't the moment. The problem is a consciousness that is sure the moment shouldn't be that way. And there's no such thing as the moment not being the way it is. So I'm gonna sit back and let all of these useless actions and their suggestions pop up. And if you ever done this long enough, it doesn't just throw one useless action at you. 'cause maybe, you know, you know, eating a whole pizza at one o'clock in the morning isn't good for you. I'll wait for you to get that. Is that a useful action? No. So you, so it it throws the old eat a package of cupcakes. Distraction out you No, that I'm, I'm smarter than that. You're right. Let's go, uh, watch tv. There's a useful action. Catch the useless actions as they're being suggested. Recognize them for what they are and dare to go beyond the resistance in the consciousness that keeps giving them to you. And you'll discover the joy of self-knowledge. Let's take a break. Looking forward to seeing those of you who will join us here live and all of you online are also invited to join us as well. Um, great topic. As you see guys gonna continue this theme talking about there is no greater joy in life than this. You'll be talking Friday night at 7:00 PM and then again on Saturday, Saturday morning about 11 and then again on Sunday at nine 30. So hope you can join us live and if you can't hope you'll join us online as well. And, and as we've been telling you, there is a replay package. Uh, if you wish to, to purchase or get access to the MP three and MP four files on the talks that guy gives over this weekend, you can go to guy finlay.org/package and find out how to get access to that. So we invite you to do that. Also, a reminder, that guy, guy will be busy on Saturday because he will also be speaking on insight timer.com, a live event. And the topic on Saturday is how to ask for and receive a new start in live. And so hope you can join Guy for that morning session as well on Saturday. And then finally, just again, a reminder and a thank you to those of you who have donated in the past to help us. Um, we are a nonprofit organization here and our mission in sharing these ideas around the world would not be possible without the help of many, many others such as yourself. And so if you're willing, if you're able to help us in this mission, we encourage you to go to our website@guyfinley.org slash donate and there you'll find it information on ways you can help us regularly or just once if you're able to. And we are a nonprofit organization, as I said, and all donations made in the United States are tax deductible. So thank you again for your support. We much, we very much appreciate it. Alright, let's go back to the main room and we'll see if Guy is ready to start our, our q and A session with him. Are you ready to go guy? Or anything else you'd like to say? No, I think, uh, I think I've said it. We can start and have a nice dialogue. Students can come up if they want. We've got 20 minutes or so we can get going if there is anywhere to go. You bet. We have two written questions to start with and I'll invite the people online to click and raise your hand if you wanna talk to guy directly or send in some more written questions and we'll be happy to relay them to Guy. Here is the first written question guy. It was left over from Sunday's class. It came in from Edna. And Edna asked, can you speak to this consciousness in action? I notice a distortion in my understanding that this peace or connection is available only in passivity or meditation. There are responsibilities, parenting, et cetera, to inter integrate. She asks, Uh, this is a fine question Edna. It goes right to the heart of so many, uh, unspoken questions. Uh, misunderstanding that is very commonplace in a world where the image has taken the place of the thing. Never have I said nor would I, that this joy, this peace is due to a passivity. It is the furthest thing from that we are presently Edna. Without knowing it, living in a constantly passive state, we are passive to our own reactions. We are passive to this resistance. I just spent an hour discussing. But when I feel this sudden resistance because I don't like what you've said or I don't like what's going on, or I don't like how the moment's unfolding, that in the moment that I'm filled with that resistance, I have never felt more active in my life. Now I know the action to take. And I believe that the action that I'm about to take proves that in one way or another, I am actually active in the moment when the action I'm being given is a passive response to me identifying with this resistance. So I'm completely passive in that moment. That's how upside down things are. True activity is being aware of passivity true activity is being aware of this passive nature. And then properly in the awareness of that passive nature, being passive to anything that we're being told to do by that nature as it's observed. So that I'm watchful. Boy, you wanna talk about see you, you, you, I know this is hard to understand and God willing, before I kick this body off you, you'll understand that you, you can't be more active than you are given to be every moment of your life. You're looking for things to do instead of discovering what you are. And what you are is an, is a, an a point of intersection between heaven and earth, where the will of the earth needs to be passive to the will of heaven. But in order for the will of Earth to be passive to the will of heaven, it has to be actively engaged in the moment when they meet so that it can understand itself and bring into that moment a light the darkness doesn't understand, and then let the, the light act. So that's the real activity, which requires being properly passive. It's not confusing. Did I con, did you understand that what I just said? Edna, I hope you understand that. Uh, we, people say, you know, if I'm just passive, like you're talking about, I like saying this, I'm gonna be a vegetable. You're already a living zoo. You're already a zucchini with legs, okay? You just don't know yourself that way. And the funny thing is, I'm terrified. I'm terrified of not, I'm terrified of not taking useless actions. That's extraordinary. It really is. I'm actually afraid of not doing what's useless. But one day if I actually see that fear always is giving me useless things to do. I'm gonna go, I don't think so. And then I'm gonna leave the known and enter into the unknown, which I'll talk about on inside time or Saturday. Back to you, John. Alright guy, we'll go next to Gloria who's raised her hand in the queue. So, hello Gloria. You're unmuted now. Good evening, uh, guy. It's been a while. Hi. How are you? Um, this just hit the core of my heart tonight because it, it, it's what I'm always consistently working on what I catch myself and doing and unconscious thought and just always striving to improve myself by doing the inner work. And I know that that's, it's the inner work and it's not easy, but boy, let me tell you, it is well worth it. Yes, it is. It, it, it, it does bring me, um, that peace and I'm just working on myself of letting go of all fear and just dipping my toes into the cold water without thinking, oh, how cold is that gonna be before I do that? You know, which is putting that thought into it without just going into it. Yes. That's wonderful. Gloria. Never forget the process of discovery. Here, let me, I'll phrase it this way. This is an important idea. I didn't get in the talk. Resistance always wants instantaneous satisfaction. Mm-hmm. Resistance always wants instantaneous satisfaction. That's the nature of it. I don't want this. What I want is that it imagines what it wants. Then it pursues that in a useless action because whatever resistance has told you to get is feeding the nature of resistance, not your release from that consciousness. Do you understand that? So Gloria, the task is to recognize, as you've pointed out, that I need to do this work. I need to be present to myself and I need as best I'm capable of doing, of recognizing in the instance of tonight's talk, where is it that suddenly I don't want this moment. I don't want you to be like that. I wish I wasn't the way I am in that moment, I must be very, very clear present to the part of me that is trying to, um, that is giving me an action. That's it. That is giving me an action to take, to be free of resistance. There is no action to take, to be free of resistance. If you want to use the words, the action to take, to be free of resistance is to not resist the condition or yourself to, to observe. Observation is not an action, it is a state of being understood. That's a pretty important distinction. I hope that you got that. Uh, Edna and Gloria, let's go on John. Alright Guy, I am coming back on. Our queue is wide open, so I invite people online to join us. Uh, in the meantime, here is a question from Susanna. Susanna asks, so what do we do when resistance comes up? Tell ourselves my feeling of feeling rejected is useless. And then what do we start saying? Affirmations to the point of hypnotizing ourselves. I am worthy, I am wonderful. People who don't value my company are not worth my time, et cetera. We'll get there. Susanna, in the moment of an unwanted circumstance, you must see through direct experience that there is nothing more useless than talking to yourself. Who's talking? Susanna? Who's the one that's seen the problem? Who's the one that didn't? What's being explained by all of these actions that my thoughts are giving me to take? That's where that consciousness hides. And I'm complicit with that consciousness as it hides in that resistance because I believe unless I have a solution in the split second of that suffering, that that suffering will go on and I'll never escape it. That's what that consciousness wants you to believe. That you must do something to escape the suffering it creates. You wanna escape the suffering that it creates. Stop trying to escape it. Start seeing it. Susanna, here's an exercise just for you, but it's for everybody. The next time I suddenly feel rejected, I'm simply to notice as if someone threw a stone in a pond. I'm not the stone somebody threw in, and I'm not the pond into which it was thrown, but I am the marriage of the stone and the pond and everything that is rippling through me in that moment. Let me just see that. Let me not derive my identity from the kind of stone that was thrown. Let me not come up with a plan based on the kind of ripples that are in the consciousness. Let me just be purely and simply the witness of the whole movement of the stone into the consciousness, into the waters of this mind and what comes out of that. And then leave all of that alone. Because if I do, I'll see the stone is not responsible for the ripples. There had to be a body there to receive it. And the ripples are never gonna change the stone that was thrown into it. But if I let the resistance come and go, all the ripples will disappear. The stone will be gone and I'll be there. The wiser woman for not having participated in a useless action called thinking about the circumstance for now, that's the best I can do. Susanna. All right, guy. Uh, the Beatrice just sent in this question for us. She says, hi guy and everybody, could you please expand about the state of being that you mentioned in regards to observing. Thank you. If you never saw in person say the works of a Michelangelo, You Never were in a concert of master musicians playing something of Bach or Beethoven or handles water musics right In the midst of all that, how could you ever explain to somebody what that's like? You Can't do it. Beatrice, can you explain to, I know you've had moments we wouldn't be together this long in our studies. Can you explain to somebody what it's like at that six o'clock hour when the sun is setting and the light takes on that transformational color and everything dances in it. Can you, can you explain to somebody that that moment where you are the observer sep in separate from the observed, that's being, that's being, and the reason it can't be explained is because there's no one there. It's just being, there's not the beauty outside. There's not the beauty inside. There is the beautiful moment given to that consciousness in which it realizes it's being, it's being holds all things. You're made in the image of the being that made you, you can't describe being men and women have been writing poetry and just writing books about the divine for thousands of years. Practice. Here's the problem. I'm giving Beatrice's answer and the odds are, although I know she's a willing soul, I'm frustrated. Well, what's my being in that moment? I'm frustrated. Is the frustration because of what I said or is the frustration because I can't understand what I was told. So my being is a state of not understanding. If I actually don't understand, why do I have a problem with it? I want to Well, You'll never understand that way. This is the paradox of the true spiritual path. The more you want to understand, the further away you are from it. Because the wanting belongs to a nature that is trying to get something and become something. So desire by its nature creates second force. That's why Christ said you can't serve two masters. You'll love one desire creates second force. So the more I want something, the more I'm actually pushing it away because I'm identified with the want and I can't be identified with what I want and actually get what I want, which is freedom from my wants. And I can't have a want without not wanting resistance. This isn't double talk. These are spiritual facts. We have this idea about being we do, we just think about Jesus. You don't know what anyone who is ever awakened had to go through in order to be able to talk to you about being. And I guarantee you it wasn't autographs and sunglasses, it wasn't a party. It was an immense labor, but it was a labor that was full of light. Be what you are, be what you are. If you don't want to be what you are, then you're not being what you are. You're divided. There's no division in being what you are. Mind, heart, body connected, being not mind here, heart there, body wishing it. Were eating something connected. We're going into this by the way, Friday night. Let's go on if there's any place else to go. Well, guy, I'm outta written questions and right now we have no hands in the queue. Oh, Rebecca just raised her hand. So, uh, we'll go talk to Rebecca. Hello, Rebecca. Good evening everyone. Hi. I trust you can hear me. Yes, I can hear you. Okay. 'cause you know, I'm technically challenged, so, or this consciousness is anyway, um, guy as always and everyone in the room, everyone listening, just deep, deep, deep, deep gratitude. Uh, I'm all in the midst of this. Yeah, there's no escape, Rebecca, you gotta face, you know what the true reality is. I can't say I know how that looks, but I just wanna sit with it in my little home, the crucible. So I just really resonated with every, uh, you know, just appreciate what you said. Just wanted to come in and always, please know, I'm sure there are many, many people who are in deep gratitude for you, guy. Um, so anyway, that's all I wanted to say. Thanks. And thank you for my new home, the Crucible. It's very uncomfortable. You're very welcome. So the last comment I'll make before we go, as an encouragement and a lead into our weekend, you might wanna write it down, something to contemplate. The joy you seek is unimaginable. It is unimaginable, which means the only way that I come into that joy is when I've finally gone beyond imagination. When I've been stripped of every action I know to take, to save myself, then I find the joy of the unimaginable.