



SUNDAY, MAY 10, 2020

How to Stop Hurting and Start Healing: The End of Useless Suffering

Key Lesson: Part 1: Everyone we know is wounded in one way or another; we hurt too, which means all of us suffer. Someone has to be the first to start the healing, otherwise the hurt is endless. Be the end of the pain, even if no one else even wants to try. The angels will applaud.

Part 2: Rough edges attract grinding wheels.

Talk Takeaways

- Why is it that no one heals? The answer: Because we are always distracted by what the pain tells us to do in order to heal.
- Blaming someone or something for the pain we feel has never done anything to resolve it. Nothing has ever been reconciled by holding another person's feet to the fire.
- The world we live in is a reflection of our consciousness.
- None of us can escape the pain when we blame it on something else because none of us understand the pain. Blaming keeps us from seeing the whole.
- If I try to escape from pain, then I must believe that it is greater than I am, and therefore there is fear of it.
- Our pain is not greater than we are. It is a part of what we are, part of a celestial nature that we are intended to know.

- The very pain that we are trying to escape belongs to a greatness that we are intended to know. In the very pain itself exists the answer to it. "The antidote is in the venom."
- When there is an injury and pain in the body, there is an instantaneous "reset" in which something is called upon to restore what has been disrupted. We are forever and always being attended to by another order of being.
- Why carry with you something that only guarantees unnecessary suffering?
- Becoming aware of psychological pain is being given the opportunity to see the need to heal. We attract to us what we need to heal. The rejection of the revelation is the continuation of the pain.
- Pain has remained buried up until now because there has been an incomplete relationship with it.
- When you think about someone you don't like, you're not just hurting them, you're hurting yourself.
- Someone has to be the first to end the cycle of pain, and it doesn't matter if no one else wants to do the same. Suffer the pain instead of blaming it on someone or something else.
- No reaction can heal itself.
- The translation of "resist not evil" is "do not oppose what opposes you." Every time we deny the appearance of pain is the perpetuation of the consciousness that is responsible for the pain's appearance.
- If healing does not start with a new understanding then it is not real healing.