



SUNDAY, MAY 24, 2020

The Power to Free Yourself from Any Past Painful Regret

Key Lesson: Struggling to escape the mind-breaking pain of any past regret is about as useful as hating ourselves for having fallen into a pit of quicksand... Where the more we fight to escape the hold it has over us, the deeper into it we sink.

Talk Takeaways

- Special Writing: *Realize Your True Self and Release Painful Regrets*
https://gfmisc.s3.amazonaws.com/20200524_specialwriting.pdf
- All true teachings tell us that the last thing a human being will surrender is his or her suffering. We think that all we want to do is escape from the suffering, not seeing that trying to escape is the same as holding on.
- Regret is the negative effect of misunderstanding the real reason for the appearance of the event.
- The pain we feel, resist and then blame on something outside of ourselves is in our consciousness and not in the event. The event reveals the consciousness; it is not the cause of the consciousness.
- The echo of regret resonates in a lower level of consciousness that resists its own images.
- Any creature that is growing and fulfilling the purpose of its existence is always assuming a whole new role in creation. That's true of everything in creation, including our pain.

- Everything in creation longs to be completed. Whatever comes into creation, comes into it incomplete. And everything that comes into creation depends upon everything else in creation to complete it. The purpose is to be in creation itself as a part of creation. There are no exceptions to these laws, and so it applies to our pain as well.
- What is the pain of regret always trying to do? It is trying to release itself by revisiting the event. We can't release ourselves from our own pain. The more we think about the pain, the deeper and stronger is the resistance of it.
- Pain serves a celestial plan, but a lower level of consciousness tells us to do whatever we can to avoid the pain. We're not intended to protect ourselves from the appearance of pain. The pain seeks to complete itself, but it can only be completed by what reveals it.
- The pain of any past regret is in the eye of the one who holds it. Thought cannot change the past event.
- We can't enter into a different relationship with the world around us until we enter into a new relationship with ourselves. The new relationship with ourselves is a new relationship with consciousness.
- The problem we have with our pain is that we want to be the one who heals ourselves.
- What we regret now could not have happened in any other way. Real forgiveness is in the understanding that we did not know what we were doing in the past.
- A part of us believes that judging the actions it now regret proves that it is actually superior to what it did. We are never more sure of who we are (in the wrong sense) as when we are judging ourselves or others.
- A lower part of us believes that it is supposed to oppose pain as the way to heal it. It looks for someone or something to blame, which we can then attempt to fix.
- The purpose of the pain is to relate us in a new way to the consciousness that, in its sleep, is responsible for it.

- Find the pain the itself. Be with yourself as fully present as you can be, and don't hand your attention over to what the pain is saying is producing it. See the temptation to identify with a reason for the pain. The task is to just be with the pain, which includes seeing the temptation.
- We are incomplete creatures. We are created to be completed, but not through thought.
- Something wants to find a reason for the pain, and the more reasons it finds for the pain, the more it doesn't want the condition. It hates the pain that it loves to judge.
- Let the pain be completed by bringing it into the light of awareness that alone can reconcile it. The consciousness seeking freedom from the pain IS the pain. The revelation of that is the healing of the consciousness.
- God wants the best of rooms in us, but the rooms are currently occupied. This will change through inner work. It is your responsibility to continue exploring.
- Throw out the words. You are the teaching. You are the event you experience. Know thyself. You don't have to prepare a way for yourself. The way is already prepared.
- Pain left alone and revealed will be reconciled as it was created to be.
- Don't resist the consciousness that regrets, instead watch it tempt you into the regret.
- Anything that seeks freedom is outside the kingdom that is in a perpetual state of rebirth. Don't look for transformation, instead see that you are never not being acted upon.
- Anyone who fights with life, and seems to win, only earns another fight.