



WEDNESDAY, MAY 27, 2020

## Unlock the Healing Power Hidden in the Pain of the Past

Key Lesson: Most people would rather complain about some pain-filled experience from their past than do the inner work it takes to see into and through a lower level of consciousness that (literally) lives to repeat what it swears it can't escape...no matter how hard it tries!

### Talk Takeaways

- We're not here on this planet to console ourselves, but to understand our lives so thoroughly that there's no need to avoid anything.
- Our perception cannot be separated from the level of consciousness that sees life the way that it does.
- All psychological suffering is at one level or another born of some unconscious resistance to the fact of a pain.
- Everything flowers when the reason for its existence has been completed. Everything exists to complete a purpose greater than itself. Everything that comes into creation seeks a way to complete itself.
- What we would call "our" pain, just like everything else, seeks to be completed. It seeks to be incorporated into the greater whole.
- There is a kind of pain that we could call celestial... an active force acting upon something that is passive and is intended to receive the touch of the active force. We suffer from not wanting that pain of creation. We resist that pain. We resist the sudden awareness of something that we don't know what to do with.

- The part of us that is suffering gives us reasons why we are experiencing pain, but it cannot see and is not aware of the true purpose of the original pain.
- The unconscious suffering is resistance to being aware of the pain. It isn't the pain itself. Remember that the pain exists to be completed. Resistance interferes with the completion of the pain.
- The pain that we feel from what we call "our past" is inseparable from our resistance to what we perceive as being the cause of the pain.
- The consciousness that is suffering can only turn to its own content (the past) in its attempt to escape the pain it is experiencing. But that level of consciousness doesn't know what to do about the pain, otherwise it would have been reconciled long ago. Suffering is always the unconscious attempt to escape pain.
- The moment of pain is not something that we are intended to reconcile by ourselves.
- "Not my will but Thy will be done" means, at least in part, that there is an understanding of the purpose of pain, and at the same time an awareness of the part of us that resists it.
- Something is asking us to be the instrument of the flowering of whatever the moment brings. But typically a reaction tells us what has happened in the moment, and what should be done about it.
- Allow the passive part of your own consciousness to become aware of its own content by the light of a higher order of consciousness.
- As the pain is completed, so is the level of consciousness that was resisting its appearance.
- Recognize that the unnecessary pain in any moment is there because a part of us doesn't want that pain.
- We are as human beings intended to be instruments of a Divine Will that meets the whole content of ourselves and transforms what it acts upon. Then pain takes on a completely different purpose, there is no more fear of ourselves, and there is freedom from old beliefs that run counter to the true purpose of life.

- Make it your wish to explore the moment of pain, and you will be given a new insight, a new understanding that will release you from the level of consciousness that is the cause of unnecessary suffering.
- Pain is a kind of guide that plays a role in the sudden awareness of an imbalance.
- What is Divine never shows us more in any given moment than we are capable of seeing. Our task is to agree to see more.
- The most exciting discovery in the world is that we are created to be changed.
- Any form of dependency on another human being is the activity of a mind that is attached to its own images of what it must have in order to be completed.
- The bulk of unconscious suffering is born of a mind that constantly compares what it wants to what it doesn't want.
- Explore the moment of pain, instead of giving yourself an explanation of it.