



SUNDAY, SEPTEMBER 13, 2020

Start Using the Pain in the Blame Game to Win a New Life

Key Lesson: Spiritual freedom will never be realized by avoiding what disturbs us, but rather by the work of consciously illuminating what still dwells in the dark of us...that is (always) so quick to find someone, or something to blame for its pain.

Talk Takeaways

- It is impossible to heal our pain and have someone or something to blame for it at the same time.
- Most people do not know what to do with their pain, and hardly anyone at all will seek out its true purpose.
- When we are in pain, there is usually no new understanding that comes as a result; there is only the certainty of why the pain is there and what should be done about it.
- Awareness transforms conflict and uncertainty into a completely new order of being.
- Everything in creation is always being stirred, awakened, and the awakening is the same as a transformation brought about by a higher will acting upon the creation.
- Whenever something in creation is acted upon by a higher will, there is a shock. And in reality there is no difference between the experience of the shock and the event that stirred it.

- Shocks are neither negative nor positive. They are meant awaken us to -- help us become aware of -- the reality of the moment and the aspects of ourselves that we didn't know existed before.
- A shock is a moment of illumination revealing what is. The shock is the natural, necessary and useful pain of being awakened. Resisting the revealing shock is the creation of unnecessary, useless pain.
- Our present level of consciousness does not want to be replaced, whereas real life is a continual exchange of the old with the new.
- We are given moments that a part of us don't want because the divine intelligence wants to reveal what is old and no longer useful and exchange it with something new.
- We are a creation given the capacity to create. But when the creation begins to believe that it is the creator, then that consciousness tries to keep its kingdom in place by protecting itself against anything that disturbs it.
- The consciousness that wants nothing to change blames people and events outside of itself for threatening its familiar identity.
- The pain we are in is because a part of us doesn't want what life has brought to us, and what life brings to us is the request to sacrifice our old identity for the newness that will fill the space that is left empty.
- Watch the part of you looking for reasons to blame something for any pain. Exposing it is the same as not participating in the blame game. Our role is not to change the consciousness that is blaming. Our role is to watch, which is what allows the higher will to act upon the consciousness.
- Make the intention to see how long you can wait before you blame how you feel on someone or on an event. This will reveal the part of you that can't do it.

- Negativity destroys possibility. We never learn when there is something to blame.
- Even the most unwanted, troubling moments can be seen as a springboard to another level of freedom.
- Blame is an internal fire, not something that your neighbor is responsible for. Blaming fuels the fire; it doesn't put it out. Use the blame to uncover the consciousness that falsely turns the arrow of attention to exterior circumstances.
- We cannot stop the action of the Divine revealing the parts of ourselves that prefer to dream. Resistance is futile.
- We can't try to blame something without a part of us having judged it.
- We blame any moment that throws us into something that is unfamiliar.
- Sincerely asking, "How do we deal with this pain?" is the beginning of a new life because in the question is an understanding that our own past attempts to resolve the pain have not worked.