



SUNDAY, SEPTEMBER 20, 2020

The Lost Secrets of Healing Your Heart, Mind, and Soul

Key Lesson: True spiritual healing is never the result of an 'achievement' one celebrates as such; it's always a very personal, and often painful moment of consciously realizing the extent of one's weakness. Yet, paradoxically, in the ensuing humility is a victory, but not our own; for now, we have gleaned a little understanding of how, in our weakness...is Divine strength revealed as being always present, forever perfect.

Talk Takeaways

- Writing: *Pain, Blame & the Flame of Truth: Healing the Homesick Soul*
https://gfmisc.s3.amazonaws.com/20200920_specialwriting.pdf
- There is so much blame and conflict in the world because hardly anyone understands their pain.
- When physical pain comes, what is it there for? It is there to alert us to the fact that there is a disruption in our normal level of health.
- The 'I' that appears and reacts to the moment of the registration of the pain is not the same 'I' that is going to bring about the healing; and it is also not the one that is going to be healed.
- The problem is not really the pain itself; physically speaking, pain is an alert to our consciousness that something is wrong with our body.
- When there is fear of pain, there is a part of us that ignores the alert. In that case, the natural wisdom of the body is replaced by a "me"

that believes it knows what to do, so that the natural pain turns into unnatural suffering, resistance, and fear of the condition. That "me" imagines what it must do to end the pain.

- The dynamics that operate during the appearance of physical pain are exactly parallel to that of psychological, spiritual pain. As above, so below. The same laws of life apply spiritually as they do physically.
- The more that we become involved in what should be the responsibility of natural healing, the more that the natural healing is interrupted.
- You can't heal yourself by judging yourself.
- The loss of the image of yourself as you think you are is the real source of spiritual pain. It is the identification with the image that is the root of the pain.
- The reaction to the pain tells us that the condition is responsible for the pain.
- Who we really are is not the limited, fearful sense of self that resists the conditions that are blamed for the experience of pain. That fearful sense of self is an aspect of consciousness, but it is not 'I'.
- In most cultures around the world, appearance is now more important than being.
- Psychological, spiritual healing does not come about through anything that happens outside of us through passing conditions. Genuine healing is only within the wholeness of rebirth itself.
- We mistreat others because we don't understand the pain within us that is produced by the identification with an image of how things should be, which inevitably is not confirmed by passing conditions. When the passing conditions don't confirm the image, then the condition is blamed for the pain.

- This fearful level of consciousness first creates the pain that it is in, and then it keeps the pain in place by attempting to heal the pain through its own content.
- You cannot heal a broken image, but you can be aware of the image-making machine that is the source of unnecessary suffering.
- No part can heal the whole. The illusion is that we are apart from the whole in the first place, and then the pain comes when we follow the reaction to the illusion.
- We feel the fear, but now we know that the fear is not 'I.'
- The more we try -- in vain -- to comfort ourselves, the greater grows our discomfort.
- Our "best" solutions for escaping our pain are, in fact, part of its cause.
- If there is a healing, it is because the whole is allowed to act on the part, instead of the other way around (which is an illusion).
- Healing takes place when there is wholeness. We as individuals heal when there is understanding of that wholeness.
- Use the moment to educate yourself, not to imprison yourself. When we let fear lead us, then we will only be led to more fear.
- The part of us that wants the disturbance to go away is adding weight to the disturbance.
- The feeling of being a victim does not exist without revisiting the painful event that happened in the past.
- Enlightenment is not the appearance of a "me" that suddenly knows everything; it is the disappearance of the "me" that is separated from the whole.
- Complaining hides the blaming nature from being revealed. Complaining makes it seem like the real culprit is the condition.