



WEDNESDAY, NOVEMBER 25, 2020

## Use Painful Relationships to Create Powerful Healings

Key Lesson: It takes us less than a second to tell someone, "I love you," but a lifetime or more to learn not just what it really means...but what we must give up – of ourselves – in order to be able to do so.

### Talk Takeaways

- Special Writing: "Judge Not Lest You Lose the Way of Love"  
[https://gfmisc.s3.amazonaws.com/20201125\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20201125_specialwriting.pdf)
- There is no such thing as true love without exchange.
- The level of love that we presently know is limited to conditions and events being in agreement with the definition of love according to that level of consciousness. Is there another kind of love that does not turn into its opposite when conditions change?
- The unnecessary pain in any moment is produced by a level of consciousness that judges the moment according to how it already knows how the moment should go.
- Painful negative reactions to anything that is unwanted is OUR limitation, not the moment's or the other person's. The pain is deep, and it must be uncovered. The only way to transcend these limitations is through self-knowledge.
- The resistance to unwanted moments actually proves and points to an unseen similarity between us and what we blame for our pain. Negative, knee-jerk resistance is actually the proof of a likeness, not a difference.

- Judgement cannot be separated from the pain that is produced by resistance.
- The resistance that we feel towards another person does not exist without what we're calling "the law of similarity." The presence of the resistance that seems to say that "we are different" is actually evidence that there is more in common than we can presently see.
- The only way that we could know the quality and character of anything outside of us is if that same quality and character also exists within in us.
- If we were truly aware of the pain of another person, then we would do nothing to add to it. It is ignorance of the law of similarity that sets us against other people.
- Whenever there is a negative reaction to another person, we can use that resistance to better understand ourselves, the other person, and the consciousness that we all share in common. In that similarity, compassion is born.
- The suffering we see in ourselves and in other people is not just the suffering of a single person; it belongs to humanity.
- Your suffering is my suffering. But most of humanity doesn't know what to do with that pain, and therefore the pain exacerbated through resistance.
- Love connects all things; the realization of this connectivity is the beginning of the end of conflict.
- The only thing that we suffer from -- spiritually speaking -- is ignorance of ourselves.
- In the awareness of our brothers' and our sisters' pain, we can enter into a new relationship with them and with life itself, a relationship within which we have agreed to bear this common pain and not blame anyone or anything for it.

- Love exists to unify. In the presence of pain, within ourselves and/or within another, we are invited into a relationship with higher Love.
- The superior way is to see the need to lay ourselves down. Until we do that we will be forever pushed into trying to prove our superiority over what is being judged.
- We can't really see another person, see their pain, until we see ourselves.
- The self that judges must separate itself from others in order to exist.
- When we judge ourselves, we are not at that moment able to see ourselves
- I think I see you, but I don't see me. So neither of us can change until one of us sees that we're in this together and that it is our pain.
- Love cannot be stopped. Love is the beginning of all things, and the ending of all things, forever.
- We have been given the possibility to enter into a relationship with everything that exists, which means that we don't need any authority outside of ourselves. Authority exists where fear rules.
- The root of all fear is unconscious desire.
- We can learn so much about negative states, such as anger, that we eventually lose interest in them. Try and stay with the awareness of the pain. What power does the pain of anger have without someone or something to blame?
- The consciousness that judges us for a mis-step cannot be separated from the so-called mis-step.
- An awakened life is not without pain or hurt; it is the sleeping life that seeks a life without pain.
- Judgment has negativity in it. Genuine intuition or discernment does not have negativity in it.