



SUNDAY, MAY 2, 2021

How to Silence Those Painful Voices In Your Head!

Key Lesson: You can't heal the pain of the past by talking to yourself about it... any more than you can collect spilled milk, and coax it back into the bottle.

Special Writing: "The Illusion of Me"

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Talk Takeaways

- We are rendered powerless any time that we get caught up in an interior dialog. Most people do not know how much time they spend talking to themselves.
- As goes my attention, so comes my experience. Attention connects us to whatever it has landed on.
- We believe that talking to ourselves is the way in which we bring an end to pain. But that dialog is part of being spiritually asleep, which is the source of psychological pain.
- It never dawns on us that we're having the same dialog over and over again because the part of us that is talking changes voices.

- We have a negative reaction to any moment that does not match what we have imagined that moment should be like. Negative reactions are not in response to the actual moment. They are in response to the voice that says, "This isn't the way the moment should be."
- Peace is a complete illusion for any human being who still lives from a level of mind, a consciousness, that can be captured by a single random thought.
- An interior dialog is a consciousness attempting to restore peace because it has imagined that it has lost that same peace. Thought by itself does not have a direct connection with genuine peace, and it certainly does not create peace.
- Your true nature is not a thinking nature. Your true nature is a seeing nature. Seeing is intimately connected to being.
- Thought attempts to make sense of events that have happened, which means that we're not present to the actual moment when we're engaged in thought.
- An interior dialog is revisiting a moment in which the lesson contained within that moment was rejected. We think about things because we feel like they need to be thought through. The voices say that if we don't think about it, then something bad will happen, when really the interior dialog IS the bad thing that is happening.
- It is impossible to change the way you see the world without changing the nature that sees it.
- There is no negative reaction without already being identified with an expectation, an image about how the moment should unfold.
- Unconscious resistance is the father of negativity.
- What is wrong is that we are convinced that we know what is right.
- There is something in us that believes it can create peace by talking to itself about it.
- If we can know (be conscious of) what we are being reminded of – a worry, fear, anxiety, etc – then we can then know what we are being reminded by.
- There is no disturbance that appears in our consciousness without a desire to resolve that same disturbance.

- Thought knocks on our interior door, but we don't really see what is there because thought tells us what is at the door.
- See what is talking to you after the event has passed, describing what just happened and what you need to do about the disturbance. Look who's talking TYA (To You After) the event.
- Resistance to people and events you don't want keeps you tied to them.