



FRIDAY, JULY 30, 2021

The Power to Repurpose Your Pain: The End of Useless Suffering

Key Lesson: Our greatest gift - our highest possibility - may be summarized as follows: not only are we created to give ourselves to what we love, but we are able to discern the difference between an order of Love that sacrifices itself for the sake of something greater than itself, and a kind of love that lives only to give itself what it imagines will make it great.

Additional Key Lesson: The powerful sense of self born of identifying with any state of psychological suffering is a form of death...disguising itself as life!

Special Writing: The Heart of the Matter

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Downloadable Wallpaper:

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Additional Diagram: https://gfmisc.s3.amazonaws.com/20210730_diagram.pdf

Talk Takeaways

- We know every form of pain or suffering on this planet -- the pain of fighting, the pain of fear -- but we know almost nothing about the consciousness that creates that suffering.

- It doesn't matter what you acquire in this world, because anything can still set you off in a heartbeat.
- Storms reveal what is hidden.
- Nothing goes through any change without resisting what wants to change it.
- Nothing in nature has a choice about whether or not to suffer, whereas human beings have the choice as to what they suffer over and what they suffer for.
- There are basically only two kinds of suffering: useless, mechanical suffering, in which there is complicity with the pain of resistance... and voluntary, conscious, useful suffering, which is using the pain of resistance for revelation and transformation.
- Useless suffering leads to a useless life and a useless death.
- Natural man is intended to be transformed into a spiritual being.
- An example of useful suffering is making the body do what the body doesn't want to do, as in physical exercise.
- If our suffering doesn't serve to reveal a new understanding about our pain, then that suffering serves to conceal a divided level of consciousness that is the continuity of the pain.
- There is nothing useful about repeating an old reaction.
- It is useless to suffer over trying to escape yourself.
- Until we are able to see the workings of our unconscious nature, then we will continue to identify with the useless suffering of that nature.
- The pain of useless suffering is inseparable from the reaction of resistance to the moment.
- Our useless suffering is a passive response to a set of unconscious reactions and associations stored in our consciousness.

- That which lives in the dark of us cannot see itself or cause itself to be revealed. And yet, unless what is in the dark is revealed, there is no choice but to live from its reality.
- Resistance is inseparable from revelation, which means that resistance can be used, thus repurposing the pain of resistance from something that is useless into something that is useful.
- Awareness of resistance reveals the useful purpose of the resistance, instead of being used by it.
- Useless suffering is not you. It uses you by getting you to identify with its pain.