



SUNDAY, AUGUST 1, 2021

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

Key Lesson: Part 1: Whoever doesn't know himself, suffers uselessly for the sake of ignorance. Whoever works to know himself, agrees to suffer for the sake of wisdom. Whoever becomes wise, slays the suffering born of ignorance. And whoever transcends the useless suffering of ignorance shares in the birth and burden of creation, in which can be found no greater peace or joy.

Part 2: By intention do we explore; by departure do we arrive. By surrender do we claim the unknowable Highlands of ourselves attained in no other way.

Talk Takeaways

- Useless suffering is trying to protect something that cannot be protected.
- The troubles in the world cannot be separated from the consciousness that perceives those troubles.
- Conscience is the beginning of an order of consciousness, of love, that can't act against itself.
- The first form of conscious, voluntary, useful suffering is the awareness of useless suffering.
- There is no suffering on this planet that, in the end, doesn't serve something good.

- When we resist a moment we are resisting something that the Divine has brought to us specifically for self-knowledge.
- The more that you suffer from what you imagine may happen in the future, the more likely it is that you will unknowingly create the very condition that you fear.
- We did not give ourselves the ideas that we uselessly suffer over.
- Physical pain does not have to produce useless psychological suffering.
- What is the root of resistance? It is a powerful illusion and a deep habitual identification with the unconscious belief that something is about to interfere with my life, with my identity.
- Resistance does not start with the condition that is blamed for it. Resistance is already built into the consciousness.
- Use the moment in which you feel like your life is being interfered with to realize that real life cannot be interfered with.
- Do what is in your power, and refuse to do what is not. Wanting to change what happened in the past is not in your power, and it is useless suffering.
- You do not free yourself from suffering by wanting someone else to suffer. You add to it.
- The arrow of truth strikes the heart. The mind doesn't know anything about the heart. The reverberation then passes through. May that happen a thousand times.