



WEDNESDAY, AUGUST 4, 2021

## **Realize and Release the Useless Suffering of Unconscious Karma**

Key Lesson: Part 1: There can be no reconciliation with (painful) karma until we enter it understanding the following truth: whatever sacrifice is asked of us to release our suffering serves a higher purpose than can be known by the parts of us thus called to realize them; and to that Divine end - and for it alone - do we surrender ourselves to a Timeless Intelligence greater than our own.

Part 2: We live in a world of tomorrows ...Of what dreams may come, And with them...our sorrows.

Special Writing: "Healing the Heart"

[https://gfmisc.s3.amazonaws.com/20210804\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20210804_specialwriting.pdf)

### **Talk Takeaways**

- We need to be clear: nothing will change if we do not work.
- Egotism and self-love produces useless suffering.
- Useless suffering cannot be separated from useless, unseen resistance.
- The more we resist something, the more we suffer, believing that the resistance to what we want to do or be will somehow liberate us from what we don't want.

- The more you talk to yourself about why you suffer, the more you suffer, and that's unconscious karma.
- Resistance can't be separated from the idea that the moment is interfering with my life.
- We live in and from revelation. Life moves from the invisible to the visible.
- There is a ceaseless movement of what is perfect into what is in time, and out of that comes a conception that pours back into itself unendingly.
- The moment you are in can never be anything other than what it is.
- Whatever you resist in yourself ensures that what you resist will persist.
- Your mind needs to understand that what is unfolding is the divine revealing itself, and as such it can't be anything but good.
- There is no suffering in the universe that doesn't serve the perfection of the universe, which allowed it to take place.
- To the extent that we do not use the energy that is given, we run in debt to the intelligence that gave it to us. The experience of the debt is what we call karma. That is why there is no bad karma. There is just the ceaseless revelation of what is not in balance.
- No one consciously creates the weight of a false self, but we are complicit in its continuity every time we explain and justify useless suffering.
- Never being troubled again by karma comes from understanding that every one of your actions cannot be separated from your experience of life.
- We would not need a future unless we were discontented in the present.
- You have an immortal life, but you don't know anything about it other than in imagination.
- A liberated life is one in which every moment brings you the possibility of dropping the weight of what you fear.

- We get exactly what we give.
- Karma is not just personal. The entire consciousness of humanity has karma.
- Useless suffering is trying to fill what is meant to be left empty. Useful suffering is agreeing to allow emptiness to fill itself.
- Conscious suffering is when you no longer identify with, and drop, unconscious suffering.
- There is no psychological pain other than the pain that you do not want.
- The time that you fear coming is the present that is being resisted.