



SUNDAY, AUGUST 29, 2021

Keys to Creating a Lasting Connection with the Divine

Key Lesson: Be wise. Stay attentive to all that you do, for there comes no second error that doesn't follow on the heels of a first.

Special Writing: "10 Ways Awakened Attention Illuminates and Liberates You from Useless Suffering"

https://gfmisc.s3.amazonaws.com/20210829_specialwriting.pdf

Talk Takeaways

- Judgment is an unconscious reaction to an unwanted moment.
- Out of a disturbance can be born a new connection to the Divine that created that disturbance in the first place for the purpose of revelation.
- Reactions tell us what we should do to change the event that is unwanted by that reactionary nature.
- The work isn't about trying to become the new person that you imagine you should be. The work is about seeing the useless suffering in being the same old person.
- Useless suffering is the bitter fruit of reactions that go unseen. Useful suffering is to be aware enough to see where we are about to go down "Reactionary Road" and suffer uselessly as a result.
- It is an act of cruelty by an unconscious nature to blame another person for its suffering.

- Reactionary Road always offers a promise of freedom from the disturbance that is unwanted by the reactionary nature.
- Any form of identification with a negative reaction, and giving your attention over to that reaction, is useless suffering. That negative reaction always blames something outside of itself for the disturbance and the pain in it.
- Identification with negative reactions takes our attention from a broader view down into a narrow focus that is blind to everything else. This leads to SSOBDS: "Sudden Sense of Being Disconnected Syndrome."
- A fearful reaction can never find an end to itself. It can only continue itself.
- Seen or not, desperation appears when there is disconnection from the Divine. And desperation calls for desperate actions.
- Catch yourself on Reactionary Road. The moment you become aware that you are standing on Reactionary Road, suffering uselessly, stop right there and turn around, putting your attention back on the reaction itself rather than seeing only through the eyes of the reaction. See the passive identification with the negative reaction.
- Disconnect yourself consciously from the negative reaction, which is the same as connecting yourself with what is aware of the reaction.
- Useful suffering is to see the peculiar attraction to useless suffering, and to let it go.