



SUNDAY, NOVEMBER 21, 2021

Welcome the Light that Heals All Wounds

Key Lesson: Part 1: The more we dwell on something in our life that we wish wasn't so, the more we soak ourselves in negative energies created by our own resistance. The longer we soak, the more we suffer, the more we resist what seems to be the unwanted event when, in truth, what we are really drowning in...are the dark dreams of our sleeping consciousness.

Part 2: Trying to bury any kind of pain is like believing that we can escape an unwanted moment by closing our eyes.

Summary Key Lesson: Blame is the deflection of pain. Pain deflected is subtle misdirection. Misdirected pain makes circles. Circular pain returns. Break the circle of blame. Start healing.

Talk Takeaways

- The physical body has the ability to heal itself when we don't interfere. However, most of us are so distracted that we don't even know when our bodies are falling apart.
- Healing happens from the inside-out. Pain is asking to be healed.
- Why doesn't our interior, psychological body heal in the same way that the physical body does? If we could heal ourselves spiritually/psychologically, then we would have done it already.

- The interior body requires our cooperation and attention in order to heal.
- Whatever within us remains concealed cannot be healed. What would deny a call to be healed, choosing instead to remain concealed, other than something that is the very source of the wound?
- When pain appears, it is asking us to become conscious of the need for that very pain to be reconciled.
- Something in us never stops trying to conceal pain, while higher awareness never stops trying to reveal it.
- When it comes to our pain, out of sight is only out of mind... until it's not.
- What you call "your" pain is really OUR pain, something common to all that is asking to be healed.
- Whatever has been concealed in the past will eventually be revealed by a storm that uncovers it.
- Honesty is the acceptance of things that have always been right in front of us and are objective in nature.
- Awareness cannot be separated from healing. Whereas thinking about your pain is the covering-up of the pain
- Any pain we will face is soon erased... but only as we act to bring it into the Light of a higher awareness that fears nothing: the presence of Divine Intelligence that sees through, and then dissolves any form of psychological suffering that comes to darken our day.
- When it comes to pain, don't carry it, don't bury it, but work to bear the pain by bringing it into -- and holding it -- in the light of whatever awareness you can muster in that moment.
- Anything in you that is trying to bring an end to pain is part of the consciousness that is responsible for that pain. Rather, be the witness.
- Whatever is in the way is part of the way.