WEDNESDAY, FEBRUARY 23, 2022

How to Leave the Pain of the Past Behind You

Key Lesson: The past – whatever its pain – only exists in the present moment as a place of suffering due to an unconscious level of self that – *on its own* – first recalls that time and place of sorrow, and then resists the torment of its own conditioned memory.

Talk Takeaways

- A healthy doubt is the seed of spiritual deliverance. The genuine spiritual path has nothing to do with certainty.

- We strengthen the grip of fear every time we look outside of ourselves to find a sense of security.

- Certainty of the pressurized kind is the past trying to insert itself into the present moment

- If we are in fear and conflict without knowing it, then we are spending energy trying to find resolution.

- We live in a society that is fueled by pain, because it is a sleeping society.

- Something in us believes that if we were to stop protecting the image we have of ourselves, then we would cease to exist.

- In believing that we are the image we have of ourselves, when that image is threatened, then we feel threatened.

- The consciousness that cannot stop thinking about the very thing that disturbs it believes that the outside condition is the cause of its pain.

- The past cannot be changed by thinking about it. Our hope is to change the consciousness that resists what it says it cannot stand.

- Resistance is unconscious negative identification. We keep what we don't want in place by thinking about how much we don't want it.

- The past that we don't want to relive comes to life only when a sudden thought about it is resisted.

- The fear that the painful past might happen again causes what happened in the past to happen again.

- Psychological pain happens when a lower level of consciousness resists its own content.

- It is useless to struggle against conditions, but it is useful to struggle to use the condition in order to see more about yourself.

- The only thing that troubles you about other people is what you want from them.