



SUNDAY, JULY 17, 2022

This Revelation Releases You From the Pain of the Past

Key Lesson: Until the lesson in the repetition of any painful experience is realized as inseparable from the level of consciousness responsible for its reincarnation, there can be no lesson learned, let alone any measure of freedom from all such unwanted moments.

Talk Takeaways

- History repeats itself because it is our consciousness that repeats itself. We must not separate ourselves from the world that we see taking place outside of ourselves.
- When you see that the world is the way it is because you are the way you are, then you realize you are responsible for the problems you see.
- The reason we don't learn is because our present consciousness believes that learning has to do with repeating someone else's thoughts and adopting them as our own.
- We don't learn by thinking. We learn by seeing. If we learned by thinking, then the evolution of thought would have brought about an evolution in our consciousness, but it does not work that way.

- Any real, authentic, meaningful change in your life comes first with a spiritual/psychological shock.
- Thought reports to us that our experience of life is due to the circumstances outside of us. The right reversal is to realize that our experience of life IS our consciousness.
- Resistance cannot learn, and yet a part of us believes that unconscious resistance is the intelligent course of action.
- TIGAS stands for "There I Go Again Syndrome."
- Our lives become smaller and smaller because resistance causes repetition. The eyes of resistance perceive the present moment as something that has happened before, and that therefore requires the same repetitive response.
- Resistance seems to offer resolution, but the only thing it offers is the distancing of oneself and separation from the person or condition that seems to be the cause of the disturbance.
- Trying to figure out what the moment is all about is part of the repetitive pattern that keeps you caught in a circle in the jungle of consciousness.
- Awareness "marks the moment," creating an impression in spiritual memory that alerts you to the fact that your machine-mind has already responded in the same old way to similar past unwanted moments. We NEED the impressions made by these so-called unwanted moments.
- Awareness of resistance to an unwanted moment belongs to another order of consciousness that can see and understand the resistance.
- Whatever the impression of the moment is, don't leave anything out. In marking the moment through awareness of it, you are remembering the whole of yourself.
- When it goes beyond the realm of the practical and useful, comparison is conflict.
- Resistance to the disturbance is the disturbance.