



WEDNESDAY, AUGUST 17, 2022

## Escape the Prison Called the "Pain of the Past"

Key Lesson: Unconscious identification with any pain from the past — especially as it involves, or otherwise lends support to some negative perception of oneself — is a slow-acting poison that, once ingested, soon darkens the soul and leads to its destruction.

### Talk Takeaways

- There's only one thing in this life that sits at the center of all of our pain and problems in life, which is that we believe we can save ourselves.
- Until you understand the illusion that the "you" who suffers over your past is who you really are, nothing will change.
- We must enter into a new kind of "confrontation" with the part of us that blames everyone and everything else outside of it for the pain that it's in.
- There are things all around us all the time that are unfolding in so many ways, and that speak to us, if we have the capacity to pay attention to what it is that is being revealed by the world.
- There's no competition between the light and that which is served by it - and nothing in that light, in that life, does anything other than

through that relationship. All of the things that are touched by that light are ceaselessly and uniformly transformed.

- Everything in creation is ceaselessly being made into something new that would be and do something new in that moment. That means that every influence that touches and stirs us is intentional.
- We have to learn how to step outside of ourselves and unplug from a certain unconscious nature that relives reactions, believing they are outside of us and are responsible for making the prison we think we're in.
- Resistance has nothing to do with the event being blamed, it's resistance to the experience of the identity of myself in that moment.
- In unwanted moments, we can't escape our identification with a memory because we don't recognize it as being a memory. We don't understand the event is nothing but the mind regurgitating something from its past.
- There is no pain of the past without being unconsciously deceived into identifying with it. We are addicted to reliving the very thing that we wish we didn't have to relive.
- The more we're able to understand and see with great clarity the truth of something, the more the truth we see actually sets us free.
- When I see I'm a prisoner of my own misunderstood consciousness, then I have to withdraw from it by consciously struggling and suffering consciously that which has unconsciously caused me to suffer. This is the beginning of my freedom.