



WEDNESDAY, AUGUST 24, 2022

How to Walk Out of Any Painful Life Drama

Key Lesson: We all want to be free of painful dramas in our life, yet refuse to see how we play a lead role in their daily appearance. Catching ourselves in a play of our own making - hearing ourselves reiterate old lines even we're getting bored with - sets the stage for closing the curtain on a show where we keep starring in our own suffering.

Talk Takeaways

- We struggle to solve the problems in our lives by consulting the consciousness that is responsible for those problems.
- The acronym SIDOTNK stands for "Self Induced Drama Of The Negative Kind."
- The mind that feels threatened in an unwanted moment interprets the moment based on the content of the past
- Have you ever noticed that you are the star of every painful life drama that you participate in?
- We feel compelled to enter into painful life dramas because we believe we will lose something valuable if we don't.
- What's the nature of the drama that children go through when they are afraid of the dark? They are unaware of negative imagination connected to

something from their past that suddenly starts talking to them. The mind that creates the drama can't bring an end to it.

- We don't recognize how the divided level of consciousness remains identified with something that stirs it into a familiar sense of itself. When that happens, we are asleep in a dream. Practice presence, because a mind that is present to itself cannot be pulled into a dream.
- We live in a world of endless influences, portrayed in ancient myths as "gods" playing with and manipulating human beings.
- Every intention that a person makes comes with another force that resists and opposes that wish. These opposing forces are not negative. They are necessary components of awareness and revelation.
- Legions of affirmative and negative characters dwell inside of this consciousness. Legions that are for, and legions that are against. Desire and resistance play archetypal roles in this human drama.
- You must start to recognize when you find yourself about to get caught up in a painful drama. If you're talking to yourself, you're in a drama. Use those moments to wake up, shake it off, and walk off the stage. Recognize that you're about to be drawn into the drama through unconscious identification with the characters in the drama.
- When you feel yourself being tempted to fall into a familiar dramatic role, say inwardly: "Count me out. I don't want any part in this drama."