



FRIDAY, DECEMBER 9, 2022

Break Through the Barrier of Any Pain that Seems too Great to Bear

Key Lesson: Break Through the Barrier of Any Pain that Seems Too Great to Bear

Key Lesson: Part 1: Without resistance to its appearance...there is no negativity inherent in suffering; to realize the fact of this truth is the first step in proving (to yourself) that all forms of psychological pain are optional.

Part 2: The more we are willing to wade into, and discover about the true nature of our suffering - all the colors in that strange rainbow, including what waits to be uncovered and revealed at the end of it - the less it hurts.

Special Writing: "To Be, To See, or Not"

https://gfmisc.s3.amazonaws.com/20221209_specialwriting.pdf

Talk Takeaways

- Everything in creation is being acted upon by that which is greater so that it can be brought into the greater whole.
- Every creation is made more resilient by forces that might seem to oppose it or work against its own best interests.
- Negative reactions gather associated thoughts that justify those reactions.

- Useless suffering does not exist outside of the consciousness that creates it. The suffering is not caused by something outside of you.
- The pressure of any moment, its pain, is in direct proportion to the amount of resistance that meets it.
- Disturbances serve to reveal the consciousness that resists those disturbances.
- Psychologically speaking, what we are really overwhelmed by is the continuous avoidance of pain, not the appearance of the pain itself.
- It is your responsibility to use the pain you are given for the purpose of transcending yourself and the nature that is pained.
- There dwells in the dark of our unconscious nature that which cannot bear being aware of itself in an unwanted moment.
- You cannot change the pain you are in, but you can change your relationship to it.
- We must learn to bear our own painful manifestations until the true purpose of that pain is revealed, understood, and fulfilled.
- What you call the pain of your life is not yours. It is the pain of being given a life, and it has a purpose beyond what the pain understands.
- Every time you deflect pain, you are tricked into seeking the end of the pain but are instead participating in its unnatural continuation.
- When you give up what you imagine yourself to be, you also give up the pain of that imagined self.
- Part of what you call your pain is there to help you perfect your relationship with God.