

See It and Be Free of It

It is not the pain of the past that goes deeper, grows darker, becoming more intractable each time it's revisited. Rather, this pain is the negative effect of an unconscious nature that loves to immerse itself in its *own conditioned memory of that unwanted moment...*

...And where each time it revisits, and then resists this experience *that it recollects* on its own...here's what happens: its identification with that pain is strengthened, and the more it suffers for its role in what amounts to a self-induced creation.

— Guy Finley