



WEDNESDAY, MAY 3, 2023

How to End the Daily Painful Dramas in Your Life

Key Lesson: There is no thought, no memory from the past that of itself can cause us pain; the only reason we suffer for their appearance is because we don't want to relive the unwanted experience they remind us of...not to mention how - for our resistance to that same recollection - we become its unwitting captive.

Talk Takeaways

- There is nothing that you can do in a dream to wake you up from the nightmare of being a human being who is spiritually asleep.
- Unlike all other creatures, you have been given the gift to be aware of your own consciousness, as opposed to being asleep within it and a captive of its own movements.
- The mind creates a dark drama and then struggles to find a way to escape from the very scene that it has created.
- No matter how painful a drama is, something in you loves it because it gets to be on center stage.
- All painful dramas have their beginnings when the consciousness encounters a moment that it doesn't want and then tries to figure out what to do about it.

- The thinking mind tries to understand the meaning of reactions by drawing from its own storehouse of thoughts, its memory. It is a construct of the past. There cannot be a painful drama without being on the stage of the past.
- The backstory behind any painful drama, the script, is already written before the mind encounters the event it doesn't want.
- An unconscious part of you wants to be embroiled in a painful drama because of the strong sense of self it provides.
- Who am I on stage with if I am arguing with someone who is not even there? It's just me. We can only argue with ourselves if we don't consciously know we are doing it.
- Interior drama is created within a mind that compares its idea of how the moment should be with how the moment actually is.
- How is it possible that you don't notice when you disappear from your own life?
- The punchline of the story of the reporter watching the dramas at the upscale bar in the well-heeled hotel was, "Not this time. I've seen how this drama ends, so now is as good a time as any to close the curtain on the old show."
- Stop participating in the drama as it is brewing. Instead cancel the show right then and there because you already know how it ends. Become a show-stopper.
- The only way the drama will end is when you end your relationship with it, by first recognizing when you are on stage and seeing the pain in it.
- One of the things that the fearful self fears most is the possibility of meeting a moment without a script and without a familiar role to play, because it won't know who to be.