

Key Question and New Action to Help You Stop and Drop Useless Suffering

Here is what we must see if we would be free: In the throes of any unwanted moment we're not just resisting what we see as responsible for our pain, but, imprisoned (as we are) by our own negative reactions, we are rejecting the possibility of this shocking, but vital self-liberating revelation:

Our unconscious resistance is the same as *insisting* on the continuation of whatever we've become identified with.

To restate this discovery in fewer words: it is identification (itself) that is the source of useless suffering...as well as our useless struggle to escape it.

So, the key question is: If our habitual reaction is to resist our suffering over any unwanted moment, then what other action is there to take in the face of this kind of pain? Please take all the time you need to consider the answer as follows:

Allow the resistance to run its full course—so that it might not only serve to *reveal* the depth and breadth of the pain hidden in whatever image or idea it may be we've become identified with...but that, this same higher awareness may be allowed to serve its intended purpose, which is to show us the *need* to sacrifice this unconscious nature that is responsible for the useless suffering that it propagates.

Special Key Lesson: Any form of unconscious resistance devitalizes the required celestial energies that we're always being given to develop and strengthen our connection to what is Divine. To identify with any negative reaction renders useless the conditions we're given, by grace, to transcend whatever may be those unconscious parts of us that keep reincarnating themselves, along with their painful appearance.

— Guy Finley