



WEDNESDAY, FEBRUARY 12, 2025

The Start of the End of Human Sorrow

Original Talk Date: November 18, 2015

Key Lesson: Remember this one idea, whatever the circumstances you must face, and the day will dawn when you will know the freedom for which you seek: Your struggle is with yourself, and yourself only.

Special Writing: "Towards a Future Free of Human Sorrow"

https://gfmisc.s3.amazonaws.com/20151118_specialwriting.pdf

Talk Takeaways

- Our lives are small because we live from a nature that can't afford anything bigger than its limited ability to understand it. What it can't understand, it rejects.
- The divided mind is afraid of what it does not understand, which is why it finds comfort in the familiar.
- Any global conflict begins as an interior conflict of a divided nature that does not want to know the truth of itself because it wants the continuation of itself.
- The only possible hope there is for humanity is for individuals to understand that our struggle is with ourselves and ourselves only.
- Our sense of self is a dependent of identification, which is the root of unnecessary suffering.

- The divided mind that is in pain draws upon its own content to find the solution to the suffering that it created.
- The divided mind does not know that what it perceives as being outside of itself is, in reality, the experience of itself.
- Lashing out at something outside of yourself is first and foremost the mind lashing itself.
- At the moment of lashing out, there is a war, there is an enemy, and there is a time to come at which the war will come to an end.
- When you blame something outside of yourself, you are identified with something inside of yourself that is conflicted.
- If you do not understand that your struggle is with yourself, then it is a given that you are going to make an enemy out of everything outside of you that the conflict is blamed on. The hope of the world is the man or woman who begins to understand that the struggle is with him or herself.
- Conflict is in the consciousness before it is in the condition.
- Pain has its own plan, and you can understand that the pain nor the plan belongs to you.
- To use your capacity for higher reasoning is to want to understand the condition instead of being carried away by it.
- Learn to think TOWARDS the part of you that blames everything outside of itself for its pain, instead of thinking FROM that part of you. Then you will be aware of the pain instead of carried away by it.