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The Great Law of Loving Kindness That Protects and Perfects All of Your Relationships at the Same Time

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Key Lesson: All of our relationships, in particular the one we have with those we love, exist for a dual purpose, along with its great promise: first, most of us understand that our partner in life is there to help us grow, to awaken and stir in us, accordingly, an awareness of love's highest possibilities. But the other -- and equally important half of this same purpose and promise -- without which the first part can't succeed -- is as follows: our partner in life is also there to help us see everything in us that now stands in the way of our coming to realize this same higher love.

Talk Takeaways

- How many of us would like to have the sense that our love and affection for life, and for our friends and family, will continue to grow stronger every single day?
- If you love Truth, then Truth will see to it that you receive everything you need, including the people in your relationships, that you need to grow in your love for Truth.
- If we want our relationships to grow and to thrive, can we be in relationship with only one part of the other person? If we want to know a true and lasting love, we are going to have to learn what it means to be in relationship with the whole of the other person.

- Only through revelation of all of the parts can we realize what it really means to love others.
- Relationships help to reveal things about ourselves that we would never come to know otherwise. The exterior relationship helps to reveal what is already there within.
- "I am in pain, you are to blame, and you have to pay" is the general mindset of sleeping humanity.
- Here is a question that is rarely asked: "Why is the pain that I feel, that I attribute to you, more important than the pain that you are in at the same time, and that you, in turn attribute to me?" Simply put: "Why do I always think that my pain is more important than yours?"
- When we fight with another person, we are not aware of their pain. The pain of the other does not occur to that conflicted level of consciousness. It is incapable of considering others.
- As we become aware of our suffering in common, we start to see that the suffering is not due so much to the differences between us, but instead this suffering is due to an unseen, distinct kind of similarity between us.
- In seeing our similarity, I see that your pain is not just yours. It is OUR pain. Our pain is only divided up in appearance. It is a completely different order of love that understands that it is our pain.
- Relationships are the key to discovering a love within ourselves that we did not know was there until the other person helped to reveal it. But, the exact same thing is true when it comes to pain. The pain is not personal; it is part of a greater relationship.
- My pain in the moment is only half of the pain. The other half of the pain which has to be addressed is the pain in the other person.
- We blame because we don't understand our pain. We can't understand our pain as long as we blame.
- You cannot ever really know love as long as you reject pain, both within yourself and in the other.
- To love your neighbor as yourself means that you cannot blame your neighbor for your pain.

- There is an unspoken pain within both parties of any relationship. Avoiding that pain drives a wedge between the two. Growing in understanding of that pain unites the two in a completely different order of relationship.
- Use your reason to see that other people don't inflict pain without first being in pain themselves.
- A painful sense of self exists only as long as it has someone or something else to blame for its pain.
- You have a part of yourself that would never add pain to another human being.
- Exercise: Never add pain to the life of another in the avoidance of your own. What we call our own pain cannot be separated from the similar pain in the other. Do we want love in our lives, or a recurring enmity? The awareness of similarity is the healing.