



WEDNESDAY, AUGUST 6, 2025

Break Out of the Prison of Unseen Painful Attachments

Original Talk Date: August 3, 2016

Key Lesson: Authentic spiritual teachings are designed to do two things at once: first, to help us remember that our true nature — Real “I” — is an unconditional strength born of an unconditional love. But, the second part of this teaching — equal in every way to the first, and why the vast majority of aspirants reject true interior teachings — is as follows: we must also agree to see where some form of weakness — inherent in the lower nature — not only stands in the way of realizing our True Self, but has actually stepped in...and taken its place.

Special Writing: https://gfmisc.s3.amazonaws.com/20160803_specialwriting.pdf

Talk Takeaways

- There is a false sense of productivity that human beings live under, connected to the repetition of patterns that validate the corresponding sense of self.
- The disparity in the divided consciousness -- saying one thing, then doing another -- will never be known by one side or the other. The disparity must be witnessed by something above that consciousness.
- Painful patterns continue because part of the pattern is the certainty of what is responsible for the pain.

- Until you know that you are a captive of the pursuit of what you call freedom, you will never be truly free.
- When we are negative, we are never aware of the nature itself that is negative. Instead, our attention is on what the negative nature is pointing to as the cause of its negativity.
- There can't be an unwanted moment without there being something in us that wants what it wants, an unseen attachment to ideas about how life should be.
- Resistance to an unwanted moment as it unfolds cannot be separated from your attachments being challenged by the movement of life. And the attachments cannot be separated from the false sense of self that are produced by those attachments.
- Our sense of self is a derivative of an unconscious set of attachments.
- The pain of an attachment being challenged seems to prove the validity of the attachment.
- Until we see the correlation between unconscious resistance and attachments, the only thing that can change is what we blame for the pain we experience.
- Start connecting the pain that you experience with something in your consciousness, instead of allowing the consciousness to point the finger of blame on an exterior condition.
- In unwanted moments, we don't see what has actually happened; we see what has challenged what we believe SHOULD happen.
- Every moment of psychological suffering has come to show you where you are attached to an outcome. The ache can't be separated from the attachment.
- The end of a pattern can only come with the observation of the self that is producing it.

- Learn to watch for the appearance of any unwanted moment, and recognize that it is unwanted due to some sort of attachment. Be aware of the pair that appears in the unwanted moment: the reaction and the self that has an attachment that is challenged by the moment.
- Stop rescuing yourself, and the pattern that produces fear and anxiety will be brought to an end.
- Attachments are not overcome by an act of will, but by the willingness to stand in the Will that brings unwanted moments so that you can see those attachments.