



SUNDAY, NOVEMBER 30, 2025

To Hell and Back in the Wink of a Lie

Key Lesson #1: If you find yourself harboring resentment - filled with angry thoughts or painful regrets - having surrendered to the suffering induced by your own negative considerations...be warned: in the darkness of that nature is where affliction hides; it abides there, breeding the conflict it has with the natural tides of life, waiting to consume those who consent to enter the hell wherein it dwells.

Key Lesson #2: The hell in which we dwell is the conflicted experience of a conditioned mind trapped in a time it can't escape because it recreates it each time it returns there to resist and relive, again, a time of its own making!

Summary Key Lesson: Look to see where...on what your thoughts do dwell, and therein find the entrance to your Heaven ...or hell.

Special Writing: Five Examples of "Yesterday's News"

https://gfmisc.s3.amazonaws.com/20251130_specialwriting.pdf

Talk Takeaways

- When it comes to the Truth, there is no prescription that tastes good. The medicine is bitter, but it heals.
- Everything that is not 100% aligned with God's Will suffers as a result of that separation.

- Stop asking so many questions, and start seeing what is right in front of your eyes.
- Humanity dwells in a hell of its own making. To be full of anger, self-pity, resentment, fear, or any other negative state is to dwell in hell. Unconscious suffering is hell.
- Judgment seems to prove that you are other than what is being judged.
- Wrestling with what you don't want always includes the plan to change the moment into something that you do want. Part of being in hell is the making of plans in order to escape from that conflict.
- When feeling conflict, the mind picks up whatever it thinks it needs in order to resolve it.
- "For there is nothing either good or bad, but thinking makes it so." -- William Shakespeare -- Nothing is good or bad save for the thinker that looks at the moment and decides what is good and bad by comparing the moment to its own past experience.
- Part of dwelling in hell is thinking that your condition is everyone else's fault.
- Catch yourself picking up a copy of "Yesterday's News," and then stop reading it. You cannot be in conflict with any moment unless you are reading and identifying with Yesterday's News.
- See that resistance to a reaction, and a corresponding identity, appear at the same time.
- The attempt to add something to yourself is the result of a mind that believes it is not enough as it is. That nature loves to not-want to be what it is.
- It is hell to dwell in the past. But it is not really "you" dwelling there, and it is not even your past that you are dwelling in.
- If you are identifying with a negative state, you are agreeing to live in the realm of hell-and-back. It takes a lot of energy to keep going to hell-and-back.

- If you really made a sacrifice, then you would never resent what you did. If you resent what you did, then it was not a real sacrifice; you did it in order to confirm an image of yourself.
- Love is the sacrifice of your certainty for the sake of more clarity.
- Being is its own doing. Being does not require something outside of itself in order to complete itself. Doing is how you momentarily distract yourself from the experience of yourself.