



SUNDAY, DECEMBER 7, 2025

The Secret that Empowers You to Be at Peace with Your Pain

Key Lesson: What you understand, you command; what you don't understand commands you.

Talk Takeaways

- You will never be in command of anything that you don't want to understand. A new understanding changes your relationship with what you want to understand.
- You serve what you do not understand, and you presently do not understand pain.
- If we knew that we were inwardly at war all the time, then we would be more attentive to each moment that we enter into.
- Being handed another explanation for why you are in pain is not the same as understanding the pain.
- The punchline of the story about the twin brothers was: The most valuable thing in the world is to be at peace with your pain. Before you can make peace with your pain, you are going to have to make peace with the resistance that is responsible for it.

- The mind that is asleep to itself does not know that its resolution to its pain is nothing but the continuation of the same pain.
- No matter how many battles we think we have won, we always find ourselves back on the battlefield.
- Resistance to a moment you don't want is actually the same as clinging to it. The nature that is resisting cannot live without what it is resisting. Resistance seems to prove that we are what we have imagined ourselves to be.
- For the most part, you believe that the purpose of the inner path is to escape from pain. Running from your pain leads to the pain that you are running from.
- Identification with something comes with resistance to anything else that does not confirm the identity that is produced by that identification.
- The nature that identifies and resists fears the death of itself. But that nature does not see the fear because it is imagining a future that is free of fear.
- Every creation that comes into existence is the manifestation of three kinds of forces: an active or affirming force, a passive or denying or resisting force, and a reconciling or unifying force.
- In order for something to be made new, it must meet the forces that are trying to make it new, including the resistance. Resistance is an essential element in the process of creation, rebirth. Resistance can play its part when there is an understanding of its purpose.
- Every disturbance that you presently don't want is actually the Divine attending to Its unfinished business.
- You cannot change what you are being given. What you do with what you are being given is what you are.