



WEDNESDAY, APRIL 1, 2026

Jump Off the Pain Train

Original Talk Date: March 29, 2017

Key Lesson: The pain of any dark, unwanted moment - of any suffering that makes your life feel pointless - is best reconciled by this revelation, along with its implied action: Yours is the right to exchange any form of feeling powerless for the realization that nothing about it - neither its pain, nor its sense of despair belongs to who you really are.

Talk Takeaways

- If you would never agree to let others denigrate your name, drag you through the mud, or punish you whenever it pleases them, then why do you accept the painful presence within you of some unseen dark character that's always doing the same?
- There is a nature in us that we are unaware of, and we live in an unseen consent that allows its life to have authority over our own.
- There is a nature that is always promising us that there will come a day when we will be released from its authority.
- How many years have you been telling yourself the reasons why you are in pain? And yet you still believe that you know the source of your pain. You cannot be free from the pain until you understand the real source.
- The world's resources don't know anything about your pain. Only you can find out about your pain.

- One feature of this lower nature is that it cannot free itself from its own level of being. It cannot free itself from its own fight or flight response. That level of being does not know that fight or flight are its only choices.
- The worst possible kind of fear that a human being can have is the fear they don't know they have.
- You are never a prisoner of pain. You are a prisoner of the consciousness that does not know itself.
- A conscious human being does not find a sense of self through the reliving of anything.
- As you are now, you are in the service of pain, and the pain does not want you to know that you are its servant. But there is a part of you that knows that pain is not meant to be your master.
- Speaking physically, pain serves you when a right part of you recognizes that your physical body needs to exercise. The mind has the authority to command the body to do what it is intended to do. But why don't we know the purpose of psychological pain? When you understand the purpose of psychological pain, it will serve you.
- The world that we see is our consciousness... and when our consciousness changes, the world that we see changes.
- You fight with pain only because you do not understand its purpose. The more you grow to understand the purpose of the pain, the more its purpose will serve you. Then the very thing that causes your pain will free you. Until you understand the purpose of the pain, you will continue to resist it.
- Pain reveals the distance between an image we have about ourselves, and the actual level of being that is present in that moment.
- You will continue to serve any pain that you fear. You can't master what you fear... and it is not "your" fear.
- Impatience is your inability to deal with your own pain.
- Who you really are cannot be harmed by fear. Liberation is seeing that nothing of real value can ever be taken from you.