



SATURDAY, JULY 31, 2021

The Power to Repurpose Your Pain: The End of Useless Suffering

Key Lesson: Any form of suffering or conflict that tells us to look into the past for its "cause" – or to the future, in the hope of some imagined freedom to come – isn't just useless, it's wasted.

Talk Takeaways

- It is not the condition that is creating the pain. The condition reveals the consciousness that is already in pain.
- No memory can formulate an adequate response to the challenge -- to the question -- of any living moment. In most instances the consciousness searches its memory in order to respond to unwanted moments.
- Life never stops awakening us into an awareness of itself.
- The real question in any moment of disturbance is not "how should I respond in order to regain balance?" The real question is "What part of me will respond?"
- Who you really are cannot be diminished by any moment. The moment is intended to reveal the part of you that cannot be diminished.
- No moment repeats itself. What repeats itself are the reactions to moments that are unwanted.

- As long as we remain distracted by the world we do not have to meet the part of us that doesn't want to be revealed.
- We are passive to our own thoughts and reactions, which gives them the authority to lead us in whatever direction they choose.
- The source of useless suffering is resistance to anything that doesn't confirm the imagined sense of self.
- We must learn to use and repurpose the moment when resistance appears.
- Who you really are isn't just prepared for what comes to it, but is part of the moment's fulfillment and perfection.
- We call upon the thing that is responsible for the pain to solve it.
- If we want something from what we are doing, then there is suffering. No want (as opposed to natural and practical needs) appears that doesn't also come with some type of useless suffering.
- Wanting other people to be a certain way is useless suffering.
- Thinking about yourself is useless suffering.
- Be kind, don't punish, be conscious, and let your awareness of the moment take care of the rest.
- What we think is "caring for others" is just wanting to confirm what we think we are and what we think should be happening.
- You don't have to look for your own life. It is being given to you moment to moment to moment.