



WEDNESDAY, OCTOBER 26, 2022

Transform the Pain of the Past into a Healing Power

Key Lesson: Fear of the future is a negative memory: (it is) the ghost of some past painful experience disguised as "what may be."

Part2: The only life any painful memory has is born out of our unconscious resistance to revisiting it.

Part3: To revisit any painful memory is asking to relive its pain, and to relive any such pain is...to ask for it again.

Talk Takeaways

- A part of us revisits painful experiences from the past because they provide a strong sense of self.
- What am I stuck in when I revisit any painful memory from the past? I'm stuck in my own resistance to the very condition I've agreed to revisit.
- The mind revisits the past believing that it can change what happened.
- There is a part of us that revisits the past to experience a familiar sense of self, while it hates that sense of self at the same time.

- You can't fix a memory. The more you want to fix an unwanted moment in your past life, the more you pump life into the pain of it through the revisiting of it.
- As soon as you revisit a painful scene from the past, you don't want to be there. So was it really YOU that wanted to revisit that scene?
- When we revisit the past, we are in the land of unconscious imagination.
- When you give your attention over to a painful memory, you are taken into its world.
- Self-remembering is awareness of a consciousness that is not separate from what it sees, and that we did not know was there and available to us before the remembrance.
- Involuntary memory is when our attention is taken and placed on a familiar scene from the past or an imagined time to come.
- The more you don't want something, the more your attention is riveted on the very thing you say you don't want.
- Remember that you have tried 100,000 times to fix the pain of the past by reliving it, and remember that you have never fixed it.
- It is not your task to set yourself free. Your task is to see where you have consented to being a captive.
- A goal is always in time, whereas an intention is right where you are with what is happening as it is happening.
- You will never save yourself through reliance on the mind's level of understanding.
- All brutality in this world appears because of a consciousness that is set against itself and wants to make someone or something outside of itself responsible for it.