



WEDNESDAY, DECEMBER 7, 2022

Walk Away from the Pain of Yesterday

Key Lesson: It is impossible to teach the true nature of mindfulness, but it is possible to see the consequences of living from an unattended mind. Second

Second Key Lesson: All psychological pain is the dark spawn of being identified with some self-generated creation in time. And God did not create time. What is eternal is Timeless; it was never born, and will never die. If this is true - and it is - then whenever we find ourselves feeling the torment of any moment long gone by, we must remember to ask ourselves a simple question: who, or what is it that wants to remember some painful moment that no longer exists...let alone agree to relive and suffer its pain.

Special Writing: "See It and Be Free of It"

https://gfmisc.s3.amazonaws.com/20221207_specialwriting.pdf

Talk Takeaways

- If you still have an enemy of any kind, then up until now you have spent your life suffering uselessly.
- No moment in time repeats itself. Creation is eternally new. Then the question to ask ourselves is: how do we find ourselves stuck in what seems to be the same painful situations over and over again?

- Yesterday's pain does not exist today without the consciousness that carries it over.
- Your moment-to-moment experience is inseparable from what your attention is connected to.
- The more that you try to escape from a painful memory, the more you breath life into that memory and its attending pain.
- Revisiting and reliving painful moments from the past is so much of a habit that it seems like a normal part of life.
- The sure way to be free of yesterday's pain is to understand that it is not ours.
- You can't separate a painful memory from the strong sense of self that appears with it.
- Reliving the pain of the past never releases you from it. Consenting to relive the pain is what prevents the natural release.
- Stop going there. When a painful memory appears, catch the temptation to participate in the old, familiar scene.
- Die to the continuation of the strong sense of self that appears with the temptation to wrestle with the past.
- Trying to escape painful past memories -- by imagining a utopian future where everything is as it should be -- only serves to solidify the level of consciousness that believes that escaping pain through imagination is the solution.