



WEDNESDAY, MAY 31, 2023

Go Beyond the Invisible Prison of (Psychological) Pain

Key Lesson: Key Lesson 1: The fear of pain, the pain of fear: See how they feed one another... And (your) liberation draws near.

Key Lesson 2: Just as the threshold of a house is recognized as the entrance into it, so should our pain be seen, and understood, in a similar light...for its appearance tells the same story, only in spiritual terms: not only (is it) a doorway into an increasingly fearless order of consciousness, but (it is) also an invitation to see through the illusion that running into what feels like some impassible pain does not mean we have come to the end of that path.

Key Lesson 3: Quitters never profit.

Talk Takeaways

- One of the miracles of genuine interior work is that we come to no longer be afraid of our own pain.
- Every moment contains within it a revelation of the consciousness that you have entered into the moment with.
- We have to understand what it means to not just meet the psychological pain, but to go beyond it.

- We end up in more psychological pain every time we avoid that kind of pain.
- If you agree to meet the pain itself instead of the fear of the pain, then you will come to understand it.
- To fear is to suffer. Then how can fear protect you from any form of pain that it tries to avoid? It can't.
- Resistance to pain is always telling you why you are suffering, but the suffering comes from the very resistance that is talking to you, telling you to avoid the pain.
- We presently, and falsely, think that dealing with pain is going beyond it so that we don't have to deal with it any more.
- Every last "tipping point" in us has one common denominator: something in us instantaneously resists the moment.
- Resistance is psychological pain that is not yet defined until the reaction then appears to define the pain.
- The condition responsible for the pain is actually trying to help you understand the demand you didn't know you came into the moment with.
- The root of this "tipping point," in which you can no longer bear the pain of the moment, is the instantaneous reliving of the memory of a moment from the past that is similar to the moment you're in.
- We suffer the same psychological pain over and over again because we have not learned anything about it.
- The psychological pain that appears over and over again always has a good reason and a good way to avoid it.
- It is possible for you to be released from everything that has held you a captive in the instant that you see it, and that instant is intended to be happening every moment of your life.

- Just like we can understand the rightness of the body going through its resistance to physical exercise, the exact same principle holds true when it comes to psychological pain. If you go through the pain, then you gain a new understanding.
- The next time you reach the tipping point at which you usually seek to avoid that familiar psychological pain, ask yourself what would happen if you were to bear the pain instead. You have been given an infinite capacity to consciously suffer any pain.