



WEDNESDAY, JUNE 14, 2023

Heal the Pain of the Past in the Here and Now

First Key Lesson: Key Lesson: The higher purpose of suffering is to ground us in the existence and Presence of an altogether higher level of (our own) Being...where neither time, nor the pain it harbors holds a claim on us. Discovering there's a choice like this transforms any moment of feeling lost, confused, or resentful into the possibility of realizing it as the new and higher opportunity it represents.

Second Key Lesson: The future that awaits us reveals itself (to us) each time we catch sight of how our past has accompanied us into the present moment.

Talk Takeaways

- When you blame anything outside of yourself for the pain you are in, you are essentially blaming something from the past, a consciousness that is haunted by the content of itself.
- The future consolation that you hope to reach is a projection of the past.
- Even though a moment may seem familiar to the mind that is analyzing it, every single moment of your life is the first time that you have been in it.
- The meaning of the moment never stops speaking to you in the real here and now.

- The healing of the past is not a question of time. But that is how the mind looks at the past, as something to deal with by manipulating something outside of you, which is the creation of time.
- The past is inseparable from the consciousness that carries it.
- The divided consciousness looks at itself, doesn't know that it is looking at itself, doesn't want itself, and then tries to figure out how to escape from what it sees.
- The consciousness that carries the past into the present loves conflict because then it can never-endingly offer you choices to escape it.
- The ghosts of past, present and future all exist in consciousness in the here and now.
- The only time and place a healing and integration is possible is in the here and now.
- The avoidance of any moment is the same as the resistance of the revelation that you are an incomplete creation.
- The lesson is in the revelation of the whole moment, not in what the mind extracts from the moment in order to please itself.
- Instead of rejecting the ghosts of the past, welcome them for what they are revealing to you about yourself.