



WEDNESDAY, NOVEMBER 1, 2023

## **See this Unsuspected Source of War and Realize a Peace that Passes All Understanding**

First Key Lesson: When it comes to being in conflict with one another - at whatever level or scale in which that painful relationship plays itself out - each of us is responsible for what is happening to both of us.

Second Key Lesson: All said and done, war is the negative result of an unconscious weakness that would rather blame others for its pain than to turn round, and realize its unseen source...so as to finally bring an end to the conflict it breeds (within itself) by uselessly resisting its own manifestation.

Special Writing: "The Only Way War Finally Comes to an End"

[https://gfmisc.s3.amazonaws.com/20231101\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20231101_specialwriting.pdf)

### **Talk Takeaways**

- To say that these are unprecedented times is to forget the fact that human consciousness repeats itself over and over again, which means that the world has been in its current state many times before.
- Notice that whenever you are thinking about someone that bothers you, you are at war with that person.

- Whenever you struggle against the clock, in a rush to get somewhere and get things done, you are at war with time.
- There is no global war that is not the accumulation of individuals who blame anything and everything outside of themselves for the way they feel.
- The unseen source of war is not wanting the experience of myself, not seeing that the experience of pain is nothing but the experience of myself. War is the inability to bear the pain of being me.
- Fear, worry, depression, anxiety, resentment, in fact all negative states, are a potential war waiting to break out
- The explosion comes when we can no longer bear the pain of our own resistance to the moment we blame for the pain. We can't bear the experience of our own resistance.
- The consciousness that does not know what to do with the pain of resistance must deflect it.
- The object of hatred is not outside of you. The real object of the hatred is an image of the object that you are identified with -- the person or circumstance -- that is not actually outside of you but is perceived to be outside of you.
- Pain pointed outwardly must eventually manifest itself as some sort of violence.
- Trying to save yourself from the experience of yourself is the same as pain saying "Save me, rescue me from this pain. The end of this pain is just around the corner. Peace will be found when I finally get everything I want."
- Come to a complete stop when everything in you is screaming at you, pushing you, to do something about the pain that you are experiencing so that you can be free from it.

- You cannot save yourself from any pain that you resist. But you can be saved from it when you stop trying to save yourself. Learn to have patience with your pain. Learn to study it.