



WEDNESDAY, APRIL 3, 2024

Transform Any Painful Relationship into a Spiritual Triumph

First Key Lesson: When it comes to conflict between us, and any other - let alone a person we may love - anytime there's some kind of painful drama being enacted...each of us is responsible for whatever continues to be played out on that stage.

Second Key Lesson: Every argument with another begins with each person signing an invisible contract that has written - at its bottom, in the tiniest of print - the following words: "To be continued."

Third Key Lesson: Until we learn (how) to voluntarily bear our own suffering, we will never come to understand the suffering of others; and until we understand the suffering of others, we will never know any true peace of mind or heart, let alone in this troubled world of ours.

Special Writing: "Upside Down and Backwards"

https://gfmisc.s3.amazonaws.com/20240403_specialwriting.pdf

Talk Takeaways

- When does the world change? When you change the way you see the world.

- The blessed ones through the ages have tried to convey the idea that you need new eyes to see what is in front of you all the time but that you don't currently see. And the reason you don't see is because the impressions that are intended to produce a real change are deflected by all kinds of buffers — beliefs, conditions, longings.
- Intrinsic in the idea of "Metanoia" — a new mind — is a mind that no longer looks outside of itself for something or someone to blame.
- We have not changed because the weight of human consciousness remains in place.
- People don't stay on the spiritual path because to do so means they would have to suspect their anger, frustration, and irritation is not because of others.
- What we call disrespectful means the other person hasn't done or been what we asked of them.
- We go into moments with others not knowing we each have unseen, unconscious demands and desires about the way the other should treat us.
- I ask everything of you and nothing of myself. We must first learn to ask something of ourselves if we are ever going to learn anything about the nature of love.
- When someone upsets you, ask yourself: What is it I don't see about myself here?
- Quietly become what you want others to be.
- No greater love hath a man or woman than the one who will lay down his or her life for their brother, for their friends.
- Do you know why you don't know others suffer as you do? Because you are too busy blaming them for the pain you feel.

- I'm going to have to learn to bear my own suffering when it comes up and not blame you or the world for why I'm on fire. The problem is I can't stand being in pain, so I blame you for it. There can no longer be a "me" and a "you."
- The word resistance is synonymous with continuous.
- Until we learn how to voluntarily bear our suffering, we will blame others for it, then they will blame us for blaming them — and then we'll have war, and it will never come to an end.
- The beauty of the truth is that even though it is shocking, it is a beneficent educator.