



WEDNESDAY, MAY 22, 2024

Freedom from Dark Thoughts and Feelings Starts Here

First Key Lesson: It's impossible to let go of any painful moment until we lose interest in the troubled sense of self that we are deriving from it! So that the real secret of letting go begins with seeing how (our own) unconscious nature doesn't just reach to "catch" the experience it says it doesn't want, but then clings to it, as well! To see the truth of this contradiction - including our unseen complicity with it - is the first step in the work of setting ourselves free.

Second Key Lesson: When it comes to negative reactions, and their legion of dark associations, here's a single action based in a great truth that - if you're willing and able to practice it - will help set you free: Stop looking at what you don't want to see, and you'll no longer see it. Here's why: any unwanted experience must pass the moment you lose interest in reliving it!

Special Writing: There is No "Other" Way

https://gfmisc.s3.amazonaws.com/20240522_specialwriting.pdf.

Talk Takeaways

- Our suffering is solved the moment we find where it is that, without knowing it, we have been living from a nature that isn't just complicit with its continuity, but that can't live without it.
- What you give your attention to cannot be separated from the sense of self derived from it. Anything that captures your attention becomes your experience and your sense of self.

- Before one can be healed, one must stop hurting oneself. There is no other way. You cannot be healed of the things that trouble and pain you until you understand where you are complicit in their perpetuation.
- You have within you a living monastery in which the teacher, the teachings, and the wisdom that you seek is never not being dispensed.
- You are not caught by a memory, you are caught by the experience of resisting the memory. That's the only thing that catches you -- resistance to what your own mind has dragged up from the dark waters so that you might be carried away and have a sense of yourself.
- When your attention goes on to what you don't want, what do you experience? My experience is of the "me" that doesn't want it.
- What has a hold on you is your own unconscious nature that you don't realize creates the resistance so that it can then insist "that shouldn't be like that" and drag you into a useless struggle with life.
- You have to eventually see that there is something that goes before you to set you up, not set you free. It's there in every moment before you even know what the moment is that just took place. It has taken the revelation of that moment and turned it into something that serves its own interests.
- This consciousness cannot change the conditions that it says it wants to escape.
- There are some things that you can't grab or grasp with human eyes and human ears. You can only see it with your spiritual eyes through your experience of yourself up to that moment.
- You need never reach out for, let alone take and hold on to, any form of negativity that someone else is desperately trying to hand to you because they can't stand it themselves. No one knows what they're doing when they are hurtful and angry. They are giving you what they don't know what to do with themselves.

- Resisting what you don't want is embracing the condition that causes it.
- We're complicit in the continuity of the conflict that we have with our own thoughts and our reactions to them.
- Exercise: "I'm rubber, you're glue. Everything you say bounces off of me and sticks to you!" Understand that you don't have to let anything stick to you. The only reason it does now is because there's a glue-like nature in you that can't do anything but hang on to the very thing it says it wants to let go. See, and be present in your body. Experience what you're being given, not just by others, but by every moment. The nearer you are to the actual intersection and interaction of your own nature with the moment, the more you'll clearly see either, "yes, this is okay" or "no, this is not okay." Then you can stop blaming others for your resistance to the condition, and be released from the consciousness that keeps creating it.
- The love of God is perfect, but our experience of the love of God is the revelation of our imperfection. It is God's love that shows us our imperfection. The light reveals what is still outside of what is good and true.