



WEDNESDAY, JULY 10, 2024

End this Unseen Painful Relationship with Dark States and Watch Them Disappear

First Key Lesson: What awakens you is not what shakes you in that moment; the light by which you see anything dark within yourself comes from above the conflicted, lower level of self it serves to reveal...and heal.

Second Key Lesson: Only the awareness of a contradiction in our consciousness gives us a fighting chance to change the consciousness involved in that contradiction. Otherwise all of the actors involved in that contradiction are not only confirmed as critical players (in it), but so is their unseen connection to one another strengthened...making it harder and harder to see through the conflict hidden in that contradiction.

Third Key Lesson: It's impossible to be free of any dark negative state and...defend it at the same time!

Special Writing: "Make the Right Choice"

https://gfmisc.s3.amazonaws.com/20240710_specialwriting.pdf

Key Question and Study List:

We see others tell themselves lies to explain their obvious negative reactions, and attending self-destructive choices...almost never missing the chance to sit in silent judgment of them for what we can see, and that they can't.

And yet, we constantly fail to see where and how – we will defend our own dark negative states. Which brings us to our study list for this evening:

What are some of the ways that you defend your own unconscious nature that doesn't just turn "dark" in some unwanted moment, but that then gives you all the good reasons for why you find yourself suffering it?

Talk Takeaways

- Part of the purpose of a true school is to continually bring in front of your mind that which it does not want to encounter.
- We are convinced that we have to do something in order to free ourselves from negative states. The temptation to do something is suggested by the level of the negative state.
- Nothing can be healed in you until it is revealed in you.
- Something in us does not want a wrong relationship to change out of fear that something bad might happen if it does change.
- We are consenting to be punished by negative states any time that we justify, defend, and make excuses for their ongoing presence.
- The onset of resistance does not have a name, but the mind explains why the resistance is there, and it usually to blames the pain of the resistance on something outside of itself.
- Talking to yourself is the mind trying to figure out what to do about the pain that it has encountered.
- We relive conversations with other people in order to defend the self that always wants to make sure that it makes the right impression.
- In the moment of the pain of any dark psychological state, the only thing that the mind can see is the perceived source of that pain.

- There are no contradictions in real life. Contradictions exist only in a level of consciousness that believes it is separate from what it sees.
- Selfishness always has a defense for being selfish.
- Have you ever made a decision and then felt the need to defend your decision to yourself? This is something that only a divided mind would do.
- Anything that you imagine that you have to do or be will be challenged by real life.
- Defending a negative state is the same as thinking about what you have to do in order to be free from that conflict.
- Exercise: Catch yourself talking to yourself about what is wrong... regardless of the time and place that is being blamed. Then become as widely aware as possible that you are listening to something talk to you in your own voice. It hurts to talk to yourself. Become aware of the pain that comes from being involved in that interior dialog.