



WEDNESDAY, AUGUST 21, 2024

An Advanced Lesson in Letting Go of Any Past Painful Moment

Key Lesson: We end the conflict inherent in reliving any painful memory as we awaken to see that no such time, let alone any tormenting thought associated with it, exists outside of an unseen temptation to identify with - and then relive - the unwanted experience of what we've agreed to remember...again!

Key Question: How can any old memory, some long-dead thought come back to life - bringing with it the pain we swear we don't want - unless some unseen part of us acts to reanimate it?

Key Insight: This almost constant sense of stress is what happens any time our conditioned (thought) nature compares a moment that can't unfold otherwise - to how it had already imagined that moment should be - and then resists the suffering born of that unconscious self-created conflict.

Special Summary: The aim of all true spiritual teachings has always had a dual purpose:

- 1) To reveal to us that no condition in our life exists apart from the consciousness responsible for its continuing creation.
- 2) To bring the light of this higher self-knowledge into the unexamined darkness of our consciousness so that we no longer make the mistake of clinging to, let alone identifying with the content of any conflict-filled thought or feeling.

Talk Takeaways

- Your experience of life comes down to what it is that you prize most in this life.
- There is something within you that wants to communicate with you about how to free you from yourself.
- We know how it feels to want to let go, but wanting to let go, and the ability to actually do it, seem to be miles and miles apart.
- We believe that we will be free when we get the next troublesome moment settled to our satisfaction. But something always comes along and grabs us again, and the cycle begins again. This is how most human beings spend their entire lives.
- No thought has any weight of its own with which to drag you down. The real weight of every unwanted moment is the resistance to the unconscious conflict within you.
- We believe that the mind that doesn't want an experience is separate from the experience it is having.
- The "past" is a conditioned idea that has followed you around through time. A painful past is made more real by not wanting it. The mind reincarnates the very condition that it doesn't want to relive.
- What is responsible for your suffering -- that you do not see yet -- is that there is something in you that can't wait to reanimate a painful past memory that it then resists.
- We have to understand the source of conflict before we can transcend the level of consciousness that is responsible for it.
- The problem that we had one, ten, twenty or fifty years ago is now nothing but a dead memory. The problem is the consciousness that looks at the memory and then does not want it.

- We believe that the condition is separate from the consciousness that is resisting it. When we don't want a condition, what is it that we really don't want? What we really don't want is the experience of ourselves.
- The unconscious nature that is in pain is constantly comparing the past to the present. That nature imposes its past onto the present moment.
- The past crucifies the present. Every time your mind goes over painful past memories, it is the past crucifying the present.
- You can't be identified with anything without being in the past. What are you really identified with other than an image of something that has already taken place?
- If you are ever going to truly change a condition, you are first going to have to understand the consciousness that can't be separated from the condition.
- Exercise: Stop trying to let go of big things, and start catching yourself carrying the last thought you had. If you don't catch it, you can't drop it. If you don't catch it, it will develop into another mountain that you don't want. Let the memory be DOA: Dead On Arrival. Let the dead bury the dead.
- When suddenly a painful memory comes calling for you, see that something is wanting to put its hooks into you.
- Weakness goes everywhere looking for strength. But weakness is not strength, and it knows nothing about strength. So how can weakness find strength?