



SUNDAY, OCTOBER 13, 2024

One Shocking Insight that Spells the End of All Useless Suffering

Key Lesson: The first place to look any time you feel a sudden stab of pain is to see that not only is the sting of this moment a creation of your own hand, but also to see how - in that very same moment - you're being handed the reasons why you have no choice but to struggle with, and suffer over what amounts to a self-inflicted wound.

Talk Takeaways

- People go into pain over being told that their pain is self-inflicted.
- Most of us are more interested in trying to answer our pain (resolve it) than in understanding it.
- The very last thing that a human being wants to do is give up their suffering.
- Useless pain and suffering seems to prove the value of our relationships with the people, places and things that we are identified with.
- We have to die to what creates the suffering, not the condition that the suffering blames for its pain.
- The mind that is suffering always sees the condition that it believes is making it suffer, which sets that consciousness against those condition that it blames.

- The work is not to change the condition. The real work is to see the consciousness that is creating the condition.
- The consciousness that suffers says that it suffers for the sake of a better time to come. That consciousness hides the suffering in the hope of tomorrow.
- How does suffering over who I don't want to be change who I am? Unconscious suffering only perpetuates the unconscious nature that doesn't want to be what it is.
- If you are talking to yourself about what is true, then you are no longer seeing what is true.
- The moment of the stab of pain comes, at the same time, with the promise of freedom from that pain. The pleasure that is promised is part of the punishment.
- The more that you want to be the one, the less you are in relationship with the real One.
- The punchline of the story was: "I'm not going to suffer for you anymore." The hero says to the dark magician, "I'm going to suffer whatever it takes to die to you. I'm not going to suffer uselessly anymore."
- We don't even know what is "practical" anymore because everything we do, that we call practical, has a sense of self tied to it.
- When you let your own consciousness abuse you, then you have lost track of what is valuable.
- Witness the suffering nature instead of serving it.
- Temptation always promises to free you from pain, when temptation is the voice of pain itself.