



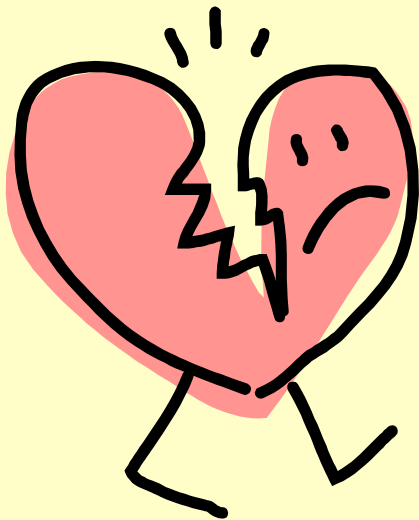
Class 3

The Pain- Body & Breaking Free

A NEW EARTH

THE PAIN-BODY (CHAP. 5)

Thinking & Feeling
HAPPEN TO US, WHEN
we identify with our mind





What do we
experience

Peace?

Joy?

Aliveness?

Creativity?

Love?

Compassion?



WHAT IS A NEGATIVE EMOTION?

- Toxic to the body
- Interferes with it's balance/harmony
- FEAR, ANGER, ANXIETY, SADNESS, HATRED, INTENSE DISLIKE,





Return our
attention to
the pristine
timeless
present moment

Video Clip

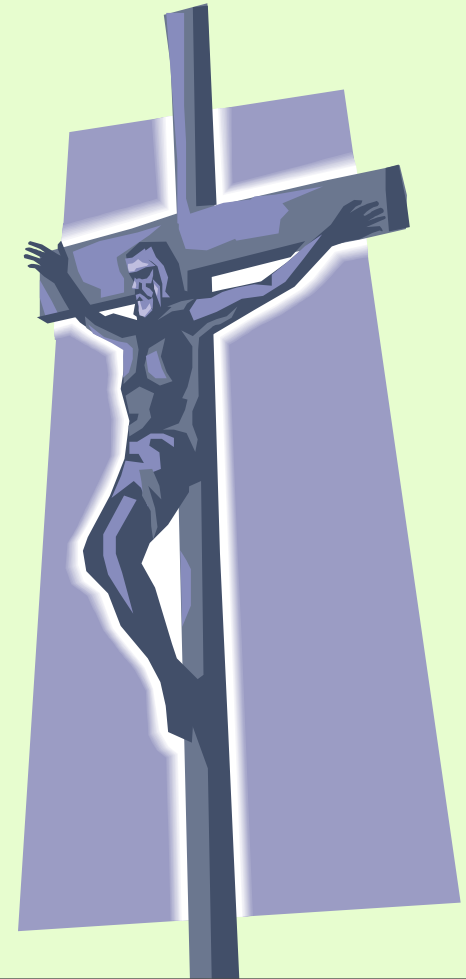
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EMOTIONS

Individual & Collective



Jesus was
archetypal human
embodying both
the PAIN & the
possibility of TRANSCENDENCE



NEGATIVE THOUGHT/FEELINGS

- Negativity feeds the pain-body!
- When pain-body is living through you, you don't WANT to stop your train of negative thoughts!
- Most pain-bodies want to inflict & suffer pain
- Some are more perpetrators or victims
- Dense pain-bodies magnify the ego's need for enemies!
- Being unconscious of their inner state, they see the pain as 'out there' in the event/situation.





Pain-Body renews itself thru

However, IF violence shown in its wider context -
Origin & consequences

Effects on victim & perpetrator

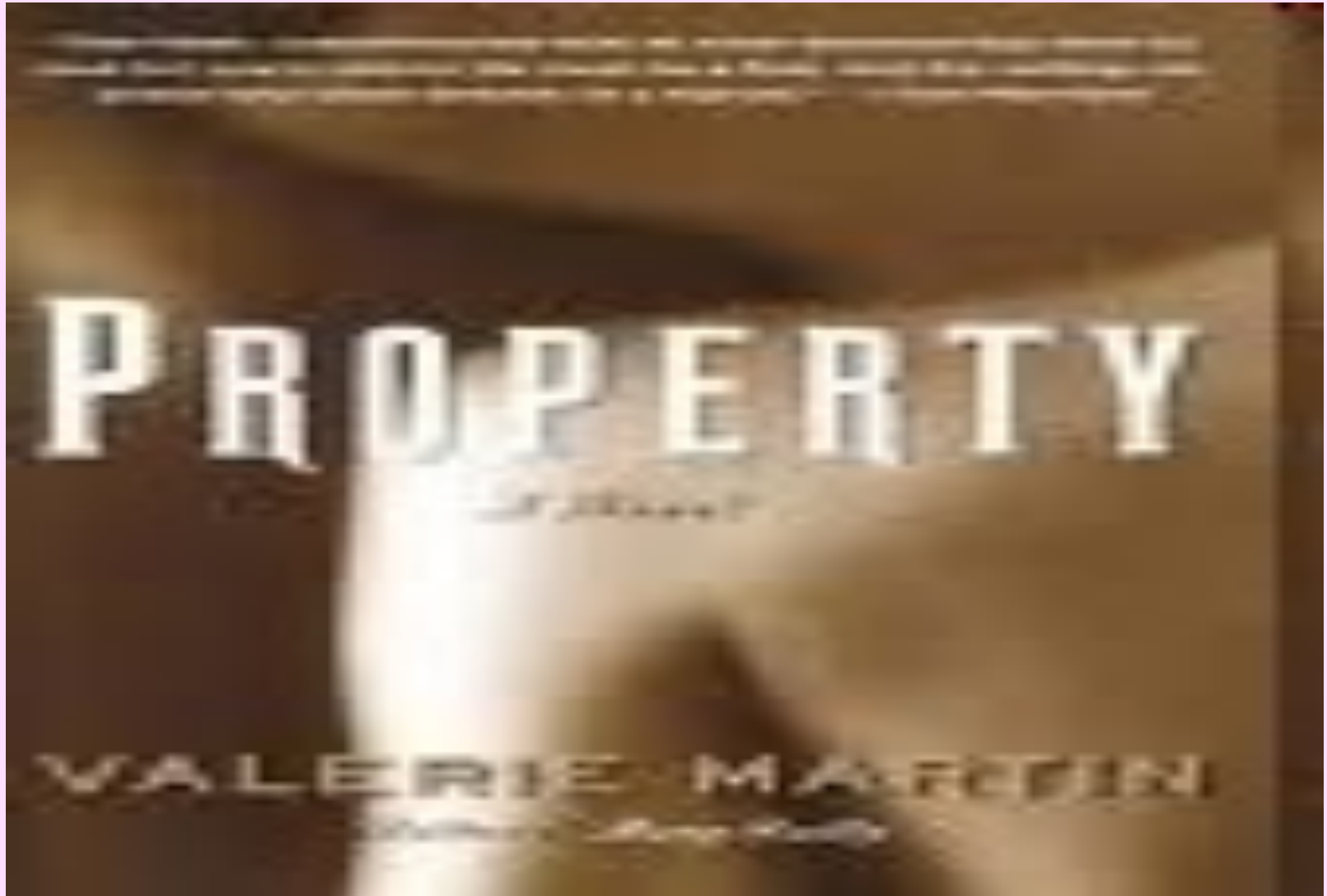
The collective unconsciousness that lies behind
it & how passed on generationally

**FILM CAN FULFILL A VITAL FUNCTION IN THE
AWAKENING OF HUMANITY!**



- The tabloid press doesn't sell news, but **NEGATIVE EMOTIONS**, food for the pain-body
- News media in general thrives on negative news.

The collective female pain-body



National & Racial Pain Bodies



Video Clip

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**YOUR PAIN-BODY IS
VERY SEDUCTIVE**

Finally! – BREAKING FREE CHAP. 6

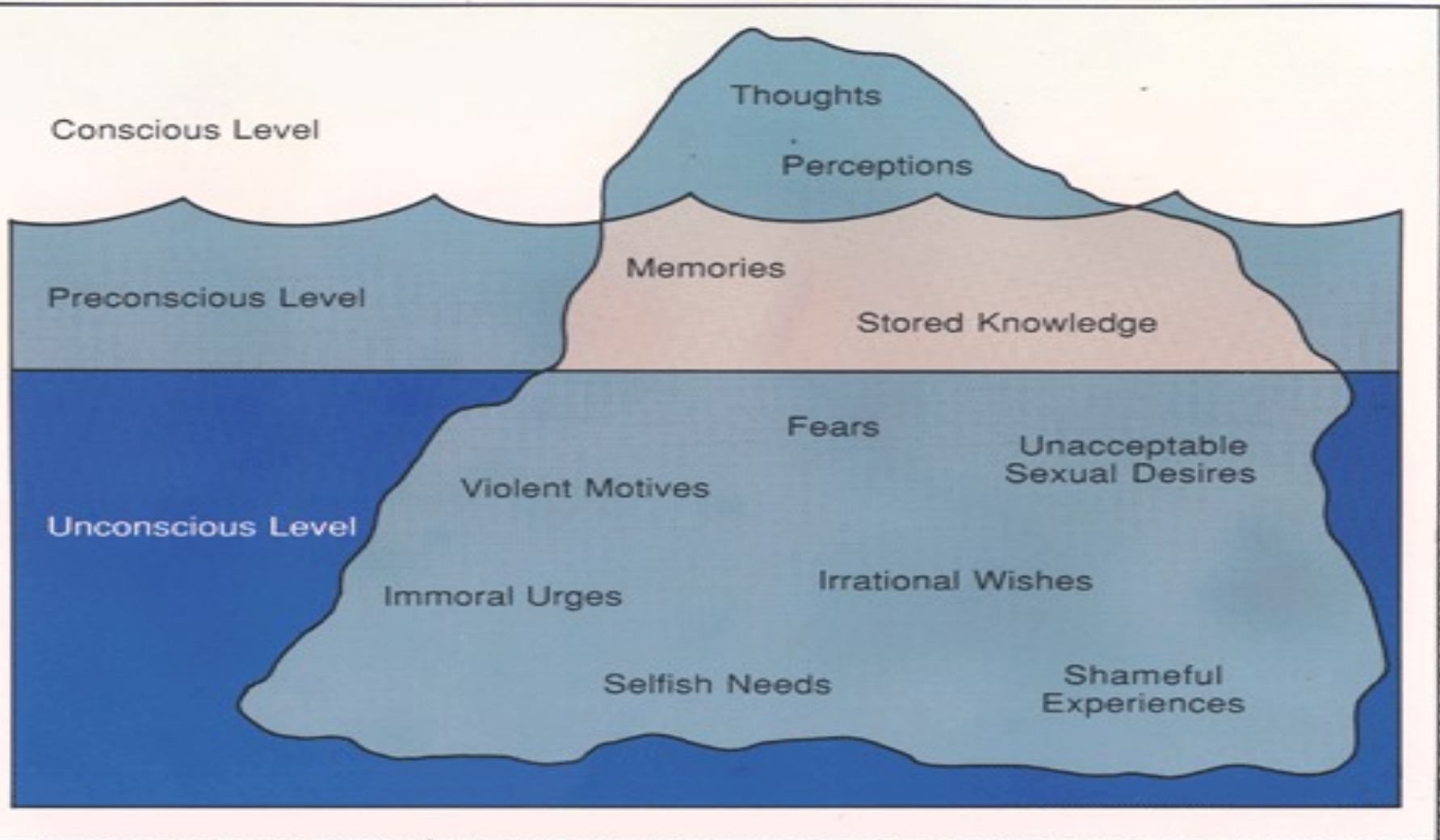


1ST – Realize you have a pain-body, notice it in yourself as a heavy influx of negative emotion.

When recognized, it cannot pretend to BE you!
Your conscious Presence breaks the ID with the pain-body.

The energy that was trapped in the pain-body transmutes into PRESENCE; it becomes fuel for Consciousness!

PERS 5 Freud's View of the Human Mind: The Mental Iceberg





Who will tell us the story of the 30 y.o. woman who came to consult Tolle?

Who will tell us the second story or sequel of Tolle then going to a restaurant?



UNHAPPINESS



Not all unhappiness is of the pain-body.
Some is new unhappiness - created
whenever you are out of alignment with
the present moment!



by life

With inner resistance
gone, you are
empowered
itself!

Heavy pain-bodies & breaking identification w/them

- When we are completely trapped in the movement of thought/emotion, stepping outside is not possible – you don't even know there IS an outside!
- We are trapped in our own movie, dream or hell!
- These folks often find themselves in conflict situations.

Video clip

E. TOLLE

**THE END OF
SUFFERING**

Let's 'sum up' today ~



**WHAT DID YOU LEARN THAT IS
FOREMOST IN YOUR MIND NOW?**

**WHAT DO YOU QUESTION OR WHAT
WILL YOU CONTINUE TO THINK
ABOUT?**

Tomorrow: Chapters 7 & 8