



WEDNESDAY, MAY 13, 2020

The First Step Toward Being Spiritually Debt-Free

Key Lesson: An unconscious mind identifies with the (ceaseless) reactions that dominate its attention, and — as a consequence — isn't so much "ruled" by them...as it doesn't know any better than to listen to, and then obey their misguided conclusions. While an awakened mind sees it has nothing in common with the demands of any dark reaction and, in the Light of that higher awareness...is free to choose (for itself) what it will, or will not serve.

Talk Takeaways

- Special Writing: *Stop "Borrowing" and Start Being Spiritual Debt Free*
https://gfmisc.s3.amazonaws.com/20200513_specialwriting.pdf
- We borrow a sense of self, an identity, from whatever the dominant reaction is in the moment.
- We always do what we are given to remember to do.
- Although we don't currently see it, we as human beings live most of our lives from a set of purely mechanical reactions. The actions we take based on those reactions are predictable.
- We need to start seeing that the reasons that we have for our reactions are themselves the reason why we continue to be ruled by those same reactions.
- My temporary identity is inseparable from the reaction and the justification for it. An identity is "borrowed" from the reaction.
- If we are not present to a reaction, then we become its prisoner.

- We are given the plan of what to do about the moment by the reaction and the consciousness responsible for it.
- Awareness is always there at the moment of any reaction to reveal that we are not that reaction alone.
- The pretense that I am not reacting is a reaction. We're not here to pretend, nor escape from reactions.
- When a reaction isn't understood, the reaction gather mass.
- We must do the interior work of remembering what we know is the truth, especially in a moment of a strong reaction.
- We are confined to a world that is the size of our understanding, but we can be released into another, larger world by seeing the fact of that.
- We can remember what we want to remember, such as the fact that our familiar reactions come with everything they need in order to borrow an identity.
- Simple exercise: catch any strong reactions along with the strong sense of self, the identity that comes with it.
- We can only know that we are not a reaction when we are able to step outside of that reaction for just a moment... when we see the identity associated with the reaction.
- When there's a strong reaction, take a new action by saying, "You go on without me." We can at least begin to attempt to do that in the face of a reaction. If we do this we will begin to get glimpses of the fact that we do not have to be ruled by reactions.
- If you change, all of consciousness changes. The moment that light is introduced into any darkness, that darkness is changed.
- The way that we really help another person is by not being the same person that we have always been.
- "When will this be over?" That question doesn't exist without a level of consciousness that believes it knows what "over" is. We're not looking to get past reactions. We're looking to understand that reactions are part of the revelation of consciousness. Everything is intended to be explored.