



SUNDAY, JULY 5, 2020

The Power to Stop, Drop, and Release Painful Thoughts and Feelings

Key Lesson: The only reason we live in the shadow of any fear or sorrow — let alone agree to suffer the dark reactions that justify such self-limitation — is for the absence of a Divine Light that would show us — if we would only dare step into it — that the threat behind any unwanted moment is as unreal as is the fearful level of self that believes in it.

Talk Takeaways

- Special Writing: "Step Into the Light of Truth that Sets You Free"
https://gfmisc.s3.amazonaws.com/20200705_specialwriting.pdf
- All true teachings have a similar theme that runs through them: When the student is ready, the teacher appears. When the student is ready, he or she will encounter events that strike corresponding parts of the individual, bringing lessons along with them.
- The moment is intended to help us understand something that we did not know about ourselves before the revelation.
- When we find fault with others, the judge sees it as the other's limitation, not ours. The real limitation is the immediate identification with a negative reaction. So instead of being a student of the moment of the teaching, we become the servant of that consciousness that blames others for its own limitations.

- We have a bad case of ROTNK syndrome: Reactions Of The Negative Kind.
- When we identify with negative reactions, we believe we can see, but we cannot.
- There is nothing more amazing than a mind that begins to awaken to itself.
- Now it seems natural to go along with negative reactions, but is it natural to destroy ourselves? It seems natural to a part of us, but at the same time we can understand that it is not.
- The pain that we experience in an unwanted moment is never in the condition itself. The pain is hidden in the darkness of our present level of consciousness that resists the moment that doesn't fit in with its own definition of what the moment should be. This means that the seed of the negative reaction is an unconscious identification, and the unwanted moment challenges that identity.
- The real limitation is in our understanding of the moment.
- The idea of "take off your shoes" in old scriptures means to "take off that which binds you from underneath." There can be no relationship with the higher teaching in the moment as long as we are bound to the lower.
- When we are being offered something new by life, the lower level of consciousness perceives it as a threat to what is old and familiar.
- Negative reactions are the secret continuation of the very moment that a part of us says we don't want. That consciousness says, "The moment doesn't fit me."
- Identification is bondage. Seeing that is all that is required.
- We are presently bound to a level of consciousness that perceives itself as being separate from all that it sees.
- Every moment is the teacher, the lesson, and the liberation.

- Don't be fooled by the judgment of a negative reaction. It is a negative reaction that judges a negative reaction. The limitation is not the negative reaction itself; the limitation is not seeing the identification with the negative reaction.
- The teacher is the sudden revelation of a consciousness that is identified with itself.
- Seeing that you don't understand is the beginning of a new understanding of yourself.
- Trying to control the behavior of someone that you think is crazy makes you crazy.
- The only thing that troubles us about another person is what we want from them.
- Our true nature is a living relationship with spirit.
- We are not just working for ourselves; we are working for all of our brothers and sisters across the world who are unknowingly bound to this lower level of consciousness.
- The very clarity of our current bondage is a relationship with the higher strength that cannot be held captive.