



WEDNESDAY, AUGUST 19, 2020

How to Instantly "Pop" Out of Painful Negative Reactions

Key Lesson: All negative reactions are a pre-determined judgment of any moment found "guilty as charged" for our painful experience of it; they are a false conclusion reached in the dark of us by an unconscious nature that — by judging the moment — creates the illusion that it has nothing in common with what it has just judged.

Talk Takeaways

- We don't want to go through what we will awaken in another human being if we were to do what we know needs to be done or said.
- The understanding I have of my negative reactions is given to me by the consciousness that lives in fear.
- Every reaction comes with an explanation for itself.
- What's true never needs to defend itself, and what's false never can defend itself.
- We don't see our reactions, we see what our reaction gives us to see that explains and justifies the reaction.
- No effect can change the cause of itself.
- A reaction is the mechanical ripple effect of a cause that has come into it which it can't comprehend.
- You've been having the same reactions to what seem like different events your entire life.

- The consciousness that tries to protect itself only ensures that what it feels threatened by remains in place.
- When you reach a point you sense you've been to before and seek an answer beyond what you are, you miss the mark.
- The light is within and around you at all times.
- Our attention has been commanded so that we are taken out of the moment of revelation.
- All psychological reactions are binary — they are always for something or against something.
- Reactions can't solve anything by leading us to anything new because they belong to the content of the past.
- Every reaction is the reincarnation of the same level of consciousness that gives rise to it.
- I don't know what to do with the pain of my reactions.
- The world isn't responsible for my pain, what's responsible is the consciousness that is trying to reincarnate itself.
- The rebirth of the human being is moment to moment to moment.
- To see the truth requires a sacrifice.
- Every reaction we have is the result of a judgment, but it's not "my" judgment. The judge is there in my consciousness prior to my awareness of it.