



SUNDAY, FEBRUARY 28, 2021

## Stop Being a Prisoner of Painful Negative Reactions

Key Lesson: The more we don't want to experience some unwanted moment, including the memory of one, the more real and protracted becomes the pain we feel, but not for the reasons we believe make it so. The pain in any negative reaction does not exist apart from the struggle of an unconscious self whose existence depends on clinging to what it has imagined is real...but that is not.

### Talk Takeaways

- You are the treasure you seek, but yet “you” are nothing like you think yourself to be.
- No painful negative reaction can be separated from an imagined sense of self. And there cannot be a negative reaction without resistance.
- SBS stands for “Shouldn't Be Syndrome.” Something within us says that the moment shouldn't be the way it is as it interprets the moment according to the content of the past.
- There is no such thing as something that shouldn't be. There is nothing that we can do to change what the moment reveals when it comes.
- You can't change Now. You can either understand and participate in the Now, which is what changes YOU, or you can meet Now with Then, which perpetuates the usual you.
- Suffering is inseparable from identification. A condition will always come around to challenge the identity, and that self will then resist the condition.

- No negative reaction, in and of itself, has a name. The reaction is named when the mind interprets the reaction using its own past content. No reaction by itself creates an identity.
- Someone with Shouldn't Be Syndrome does not see anything other than what validates the negativity that he or she is feeling.
- Unwanted moments have no name without you being deceived into giving them one, and you can't give any moment a name without the past.
- Every negative reaction is old, because we cannot have a negative reaction without memory.
- Catch the moment of any knee-jerk negative reaction, and understand that the reaction is a continuation of Shouldn't Be Syndrome.
- The only thing that bothers us about other people is what we want from them.
- Life is the way that it is. Instead of being used by it, use it for revelation.
- You can change all of the conditions in your life and yet not change the consciousness that needs conditions to be what it wants.
- The need to defend yourself against an attack comes from a self-image that believes itself to be something real that can be attacked.