



SUNDAY, MARCH 28, 2021

## **The Wisdom You Need to Rise Above Painful Negative Reactions**

Key Lesson: If it feels like the same unwanted moments keep coming around...think again: reality never repeats itself; creation is always new. To know why life seems to repeat itself – and painfully so – we need look no farther than to see how instantly identified we become with our (own) recurring negative reactions.

Special Writing: “Embrace These 3 Facts About Negative Reactions and Be Set Free”

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### **Talk Takeaways**

- There will never be peace until we each begin to understand the unconscious mechanism that is responsible for the conflict we experience.
- The consciousness having the negative reaction always blames something for the pain that it is actually responsible for.

- If we are having a negative reaction, then we must believe that we know the meaning of the moment. A negative reaction is the expression of what we believe is true about the moment.
- The only way it is possible to reject any event is if we come into the event with certainty about how the moment should go.
- What is happening when someone challenges us is that they are not agreeing with the image of ourselves that we carry with us into the moment.
- A very important part of our spiritual work is getting to the point where we no longer have an excuse for negativity.
- We are always in a greater world, but our experience of that world is reduced when our attention is captured by thought.
- We are not our thoughts. We are not our feelings. However, we become prisoners of thoughts and feelings when we identify with them.
- No revelation of “what is” in any moment is ever negative. No reaction, no moment in and of itself, is ever intellectually or emotionally negative.
- A moment is an instant of creation that brings forth a brand new conception. A new creation is never negative at the onset.
- You’re always running from a negative reaction that calls the place it leads you a positive place to go.
- All negative reactions are blind because they cannot see anything other than what they blame for their pain. But you can see this is true.
- No negative reaction understands that it’s impossible to resist an unwanted moment and receive its lesson at the same time, any more than the way to let sunlight into your house is by pulling down the blinds. But you can agree this is true.
- Negative reactions have no life of their own: they are the homeless shadows of a thousand-and-one old false images whose only power is to deny the light of any moment come to reveal the same. But you can learn to accept what they cannot.
- Resistance separates us from the revelation that the moment has brought.

- The meaning of the moment cannot be understood by any thought that tries to comprehend it.
- These ideas are not part of this world. This is why they always try to drag down true teachings... because they are not of this world.
- The world that you see is the world that you are.
- Not wanting to be the way you are seems to prove that you are not the way you are. That does not mean you have to like the way you are. The task is to see the way you are.
- That which is new is always in the three states of dying, being born, and living, all at the same time.
- At least one of the two parties in a relationship must be willing to change first before the relationship itself can change.