



WEDNESDAY, SEPTEMBER 29, 2021

Freedom From Harmful Anger Starts Here

Key Lesson: No event itself creates anger (in us) any more than a flame causes a moth to fly into it and be consumed. Events serve to reveal specific corresponding qualities in the unexamined depths of our consciousness, bringing us into a Divine awareness of an unlimited, unimaginable power to transcend the same.

Special Writing: Where There's "self" There's Fire

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Talk Takeaways

- We have never been angry at someone else without also being completely justified in that anger. The justification excuses us from examining whether or not the anger is harmful.
- Chronic repressed anger can and does harm the physical body, compromising our health, and it also corrupts the soul.
- The real pandemic is unchecked negativity in the form of anger, and we are complicit in its continuation due to our unconscious agreement with what anger tells us is true.

- The more we can know about anger and understand it, the less authority it will have over us.
- If we are ever going to prove to ourselves the possibility of living from an order of consciousness that cannot be set against anyone or anything, then we must understand that anger can never be justified.
- People do not know what to do with anger, which is why the world is the way that it is.
- Being angry with someone is an act of futility because it is powerless to change anything. However, that same anger believes that it will produce positive change.
- Anger is a form of weakness, even though we feel strong when we are being consumed by anger. Wherever there is anger, behind it is some form of fear.
- Anger appears when an image and its corresponding identity -- that we did not know we lived from -- is challenged.
- There can be no anger without an unconscious rejection of what is. We can't change what the moment brings by being angry over it. In fact, anger will often lead to the unnecessary continuation of the unwanted moment.
- One of the key qualities of anger is denial, the denial of anything that does not match what we imagine the moment should be.
- What we are really angry at is not the condition that is blamed. What is really angry is the divided consciousness that does not know that it is looking at itself.
- Look behind the anger for its cause, not at what the anger is pointing to. The anger hides the image that is responsible for the manifestation of the angry state.
- First comes anger... Then what we blame; The match is struck... Before the flame.

- We run from arguments because we are afraid of who we might become as a result.
- There is no intelligence in going into a present pain over something that may or may not happen tomorrow.
- Don't try to not be angry. Instead of identifying with anger, learn to observe it.