

EMBRACE THESE 3 FACTS ABOUT NEGATIVE REACTIONS AND BE SET FREE

Here are three indisputable facts about painful negative reactions. The best way to study them, to prove their spiritual power as your own, is to take each one and make its lesson your own.

The more you're able to bring the light of these insights into any moment darkened by some negative reaction, the sooner will you see yourself rise, effortlessly, above a lower level of self whose unconscious nature is the ground of self-defeat.

- 1: 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.
- 2: 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.
- 3: 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.

The more you can remember that negative reactions are—by their mechanical nature—not just devoid of life, but equally empty of any meaning they may attribute to it, the closer you are to walking out of their dark realm and into a Living Light.

— Guy Finley