



SUNDAY, JANUARY 9, 2022

## **Use Runaway Reactions to Realize True Self-Command**

Key Lesson: Poorest of us all...are those who “hear & obey” only their own reactions, because as long as that in-the-dark level of self remains in “power” — calling the shots – we will never see how our struggle to escape unwanted moments serves but one useless end: to escape a prison of our own making.

### **Talk Takeaways**

- Every mechanical psychological reaction is ignorance passing itself off as intelligence.
- There is no intelligence in an unconscious, mechanical reaction.
- There is no finding liberation through avoidance.
- Our habitual reaction in an unwanted moment is inseparable from the painful pattern that the reaction blames and resists.
- Something in us always knows what it wants to see happen in the moment before the moment is encountered.
- All of our choices are determined by the quality and character of our reaction in any given moment.

- The conflict is in the consciousness, not in what the consciousness blames for the conflict.
- The only real choice is conscious suffering of the self that blames everything outside of itself for its pain.
- No reaction can change the level of consciousness that is responsible for the conflict.
- When you learn to fully agree with the truth, you invite it to come into your life so that it's there to tell you what the truth is when a reaction comes up.
- No negative reaction will ever solve the source of its suffering.
- Looking to a reaction to reconcile the disturbance that produced it is like finding yourself lost in a deep canyon, crying out for help, and then asking your own echo to show you the way out of the canyon.
- The consciousness that claims to dislike its experience perpetuates its experience by not wanting it.
- God can only heal what we agree to no longer conceal.