



SUNDAY, FEBRUARY 6, 2022

The Power to Release Yourself from Any Painful Reaction

Key Lesson: The more we realize our higher, true role in life is to act as an agent for atoning the appearance of "what is" with "what has been" -- by agreeing to surrender the parts of us that interfere with this reconciliation - the more we see the beauty of this sacrifice as inseparable from an ineffable peace that comes with no longer being apart from Real Life.

Talk Takeaways

- Use your reactions as a springboard to revelation instead of allowing the reaction to use you.
- Freedom from a negative reaction cannot come by identifying with the second reaction that counsels us on what we need to do about the first reaction. It is a chain of reactions that cannot escape itself.
- Reactions unconsciously identified with lead to actions taken by an unconscious self.
- When you are aware of the presence and reason for a reaction, then there is the potential to be self-ruling.
- Rebirth is the ceaseless revelation of the consciousness that is being acted upon. Rebirth is not a static, one-time affair.

- The negative reaction that produces a temporary negative self IS the unwanted moment.
- A beautiful moment experienced in nature is a moment in which there is no separation between the observer and the observed.
- The question, "How do I get rid of this reaction?" comes downstream from that very reaction.
- Identifying with a reaction is the same as "eating of the tree of knowledge of good and evil," because the reaction claims to know with certainty what is good and what is evil about the moment.
- In reality the opposites are not separate from each other, not in conflict with each other. "He maketh the sun to shine upon good and evil alike." It is identification with one or other of the opposites that makes things unnecessarily painful and difficult for us.
- Reactions do not understand anything other than what they give themselves from their own past content. No reaction can reconcile itself.
- "Being yourself" means watching yourself, witnessing reactions come and go. To genuinely "be yourself" is not about trying to conform to an image, to an indoctrinated idea of what you are supposed to be.
- There is nothing stronger than authentic innocence.
- We increase our understanding by staying in the middle of any moment in which there are parts of us that want to avoid it... including any moment in which there is a strong reaction.