



SUNDAY, MAY 8, 2022

## **The Wisdom and the Will to Transcend All Self-Limiting Reactions**

Key Lesson: As long as our reactions are seen as choices, and the "voices" that support them as thoughts of our own, it doesn't matter what we call our life...any more than calling a circle a straight line changes the fact that all it does is go round and round.

### **Talk Takeaways**

- The last thing that occurs to you when you are negative is doubt about the reasons for the negativity. Doubt should be the first thing that occurs to you.
- Honesty and genuine humility are directly connected to each other.
- The possibilities of a negative reaction are limited to the content of the consciousness that is embroiled in the reaction.
- A negative reaction comes with a corresponding identity that does not question who it is or what it is doing.
- Mechanical negative reactions try to resolve the disturbances that they are stirred by. At those moments there is no conscious "me" there trying to resolve those disturbances, just a mechanical reaction.
- Moments that challenge an identity are immediately met with a defensive attitude.

- What we call our actions are actually reactions, which explains why we reincarnate the same consciousness over and over again.
- The separating of the wheat from the chaff is an interior process in which -- through interior work -- we are separated from old content from which we derive an identity.
- Living in a matrix of strong sensations is not the same as being consciously alive.
- A judgmental reaction does not see the actual condition in the real world, but instead it sees an image that is based on old content that is produced by the mind.
- To really SEE something is to BE with what you see, so that ultimately there is no difference between you and what you see.
- We live in an almost ceaseless state of negativity, which is why it takes so little to trigger it.
- Nothing can change in our lives for the better as long as our identity is derived from negative reactions
- A sense of self does not care about the nature of the sensation that brings it to life, even if it is a torment.
- In an unwanted moment, suspend identification with the negative reaction, and doubt the validity of the negativity and its corresponding identity.