



SUNDAY, MAY 15, 2022

Transform Negative Reactions into Self-Healing Realizations

Key Lesson: The wind that fills the sails of a ship is born of a coming storm...as is each tempest the herald of the calm waters that follow its wrath. In this knowledge is found the key to conscious detachment, the power of an impersonal life.

Talk Takeaways

- Spiritually speaking, only the "dead" try to prove that they are alive. The real gift of life is to know that you have been given a life.
- The consciousness that frames your experience, describing and interpreting every event, blocks you from being aware of that consciousness itself.
- A negative reaction to an unwanted moment always tempts you with a fight or flight response. Negativity and spiritual sleep are synonymous.
- What if you knew that negative reactions to unwanted moments are not yours? For one, you would be the observer of the reaction instead of completely identified with it.
- Resistance is not an emotion. It is a sensation. Pain is not an emotion. It is the body's registration of a sensation.

- When it initially appears as a natural force, resistance does not yet have a name, a label, a description, an explanation. The negative reaction to what is described as an unwanted disturbance belongs to what is unconscious. Something frames the resistance with a name.
- Naturally-appearing, impersonal resistance is an essential component of awareness.
- There is no separate self being reborn. There is just the revelation of an undying Self.
- Something in us names the resistance so that it can know what to do about what it does not want.
- No unwanted moment exists unless the moment is described (framed) as being unwanted, which makes the moment personal to the self involved.
- Thought, as well as the self that is produced through identification with the thought, cannot truly know -- through its description -- the real and creative purpose for the existence of resistance.
- The mind justifies itself and its actions through its description of unwanted disturbances. Apart from the practical, the mind's description, explanations, plans, etc. are designed to serve an agenda that is contrary to the soul's purpose.
- No negative reaction exists without a "memor-i." A "memor-i" forms every time the mind reaches into its library of past content in order to explain what it needs to do about an unwanted moment.
- A "memor-i" is not comfortable unless it knows everything about the condition that it finds itself embroiled in. Thus, it can never be relaxed and casual.
- The dream of this world is to have a life that is free of resistance. The dream says that resistance is the proof that something is wrong. On the contrary, natural resistance is the proof of the hand of life touching a part of consciousness that we previously had been unaware of.

- Leave the resistance impersonal by being present to the part of you that always wants to name and blame the disturbance. Be an impersonal witness to these reactions.
- There is nothing wrong with memory until it becomes a "memor-i," until there appears a self that is developed through thinking about what the moment means.
- Find out who you are without explaining yourself to yourself.
- Find freedom from the idea of failure by seeing that you have lived, up until now, according to false beliefs about genuine success.