



WEDNESDAY, JUNE 29, 2022

New Self-Knowledge to Help You Outgrow Any Negative Reaction

Key Lesson: The unimaginable reward of discovering the truth about any troubling condition we meet along the path to self-liberation is as follows: not only are we created to outgrow any painful reaction to these unwanted moments, but we are free to do so any time we choose!

Talk Takeaways

- We live within a timeless intelligence that waits for us to grow into it. All truths that we will ever discover already exist, waiting to be discovered.
- You cannot grow into something without growing out of something else.
- What you are waiting for is already waiting for you before you even thought to wait for it.
- Unchecked negative reactions spoil all relationships into which they appear.
- We are endowed with the ability to become aware of the level of consciousness that we are a captive of.
- It is not the condition that is creating the captivity. The captivity is created by the perception of the mind that describes and tries to manipulate the condition.

- We are created not only to understand the cause of any sense of captivity, but to outgrow it as well.
- The consciousness that is a captive of its own perception cannot see the inner source of its captivity.
- Listening to the part of us that points to the condition as being the trap IS the trap.
- The actual nature of the feeling of being trapped is inseparable from the moment that you do not want. The feeling of being trapped doesn't exist until there is something in us that resists.
- Being a captive happens when the present condition is compared to what the mind's memory says should be happening. The mind then becomes a captive of the negative reaction to its own memory.
- The more you struggle to escape the sense of being trapped, the tighter the trap gets as you exhaust yourself uselessly in the attempt.
- The only way to escape the reaction trap is to outgrow the nature that creates it.
- The task is to see and realize that the perceived cause of your captivity is not the real cause. You are complicit in any feeling of captivity.
- Stop calling upon fear to help protect you from what you don't want.