



SUNDAY, JULY 10, 2022

Remember These Nine Words And Release Yourself From Any Negative Reaction

Key Lesson: The problems and pains that plague a divided mind disappear in the same moment as they appear in a mind unified with itself.

Exercise: There's more to this moment than meets the "I".

Talk Takeaways

- Anytime you are negative you are not seeing the truth of the moment.
- Without understanding you are under the authority of something that you believe understands the moment.
- When you make a mountain out of a molehill, you are suffering from TMS: Tiny Mind Syndrome.
- No moment is ever about just one thing. But it is about one thing to the 'I' that has been stirred into action.
- We can be blinded by an 'I' that blocks us from being able to see a moment as it is. All forms of identification are blindness.
- Whenever we are embroiled in a negative reaction, we are being confined by that reaction's definition of the event.

- We are characters in a never-ending Divine story, which means that we are not meant to read just one page and stop there.
- We are not moving through time. We are participants in something timeless that is moving through us.
- Everything as far as the eye can see is yours to use for revelation and growth. So why would you allow an 'I' to limit your experience to just one thing?
- Exercise: There's more to this moment than meets the 'I'.
- No identity that comes out of a reaction can reconcile the consciousness from out of which that identity comes. There is an awareness that is able to see the reaction, the identity and the consciousness.
- If there is an 'I' at all in what you are seeing, then you are separated from the whole of the moment and all that it is possible to see.
- Your true nature is not what is seeing or what it sees. Your true nature is greater than the sum of all of its parts.
- Permitting your life to be taken over by another person is like letting the waiter eat your dinner.
- Feeling sorry for yourself is a wonderful pasttime for the order of consciousness that derives its life from any kind of strong reaction.
- If you start participating in an interior dialog about your spiritual progress, then you have effectively left the present moment, thus rendering real progress impossible.