



SUNDAY, AUGUST 7, 2022

Rise Above Painful Resistance and Useless Fearful Reactions

Key Lesson: There is only one way to be released from negative reactions, and it begins with honestly considering the truth of the following fact: how ironic is it that we fear losing control of ourselves, or over some moment we fear...when the very attempt to control any relationship is, itself, born of fear.

Talk Takeaways

- You are meant to be the master of your interior house, which is a responsibility that you've been given as a gift by the Divine.
- The spiritual path is not about arriving somewhere imagined or earning a reward. What we are after is entering into a new, higher relationship with life that already exists.
- Until you build on a foundation that is true, everything that you build will be shaky.
- The proper work of a spiritual aspirant is the deconstruction -- through awareness and revelation -- of everything that is false.
- All storms come along to do what they have been created to do by a greater intelligence. The purpose of a storm is to assist nature in returning the atmosphere to a balanced state.

- Each moment is meant to make something greater out of you, rather than you trying to make something out of the moment.
- Natural resistance in creation assists creation, and we as human beings have the capacity to use resistance instead of allowing it to morph into negativity.
- The divided level of consciousness is afraid of not knowing what is going on, and so it ceaselessly describes what is happening by giving a name to everything it perceives.
- Resistance that is allowed to play its natural role assists everything in creation. When resistance is seen by the mind as a threat to its status quo, then the mind tries to manipulate life and change it into its own image.
- We are defined and confined by the mind that separates itself from the actual present moment by describing the moment and comparing the moment to its own past content.
- Does a reaction actually see the moment as it is? Or rather is the reaction part of a machine that can only see what it is pre-programmed to see?
- The task is to see and recognize that negative reactions are involuntary. Then see and recognize that you are punished every time you identify with a negative reaction.
- There is a higher order of consciousness that does not live under the thumb of reactions, but rather is aware of every reaction.
- The purpose of making an intention is not to achieve any outcome at all, but rather to reveal something about yourself that is already within yourself but that you didn't know was there.
- You let go when you understand that holding on hurts.