



WEDNESDAY, OCTOBER 19, 2022

The Wisdom You Need to Walk Away from Painful Reactions

Key Lesson: Part 1: Until we realize some level of separation from our unconscious reactions to life, our sense of self remains little more than a legion of momentarily re-animated identities... with each one appearing - and then disappearing - as helpless to remain in place as is a shadow created by the sunrise to hold its ground when the sun sets.

Part 2: Useless reactions give birth to futile actions. Futile actions give rise to useless reactions. To see the unconscious role we play in the maintenance of this circle of conflict is the same as realizing how to break out of it...and be free.

Talk Takeaways

- There is no better use of your time than to invest it in self-study.
- Peace is not something that you can buy, possess or pursue. Peace is a relationship with something that already exists that has no fear in it.
- Nothing that you can imagine can set you free. You are owned by the thing you imagine will set you free.
- The acronym TCOANR stands for "The Captive Of A Negative Reaction."
- No one has to look for peace who understands the true nature of peace.

- Our familiar reactions are all negative. And the most common subsequent reaction to any negative reaction is to try to reconcile the situation in some way. Negative reactions try to change or control the conditions that are blamed for the pain inherent in the negative reaction.
- Nothing changes in the world because nothing changes in the consciousness that creates the world.
- No condition outside of yourself has the power to determine the direction of your consciousness.
- It is impossible to be the captive of a negative reaction without some form of instant resistance to an unseen insistence that life unfold in a certain way.
- It is impossible to be the captive of a negative reaction without there being something in the moment that is unwanted.
- Conflict is a negative reaction to a moment that does not line up with an unconscious conclusion of the meaning of the moment.
- Any time you are identified with anything you are living, without knowing it, is a consciousness that is set against itself.
- No negative reaction can release you from anything. The negative reaction is the secret continuation of what you are trying to get away from.
- A negative reaction proves to the person having the reaction that they are right.
- The only way to become the captive of a negative reaction is to at some point agree with the temptation to identify with something that provides a sense of self.
- A negative reaction does not liberate you from what you don't want. The negative reaction binds you to what you don't want.
- "Whoever is not called upon to struggle is forgotten by God." -- Spanish Proverb

- The right kind of struggle is to struggle with the temptation to identify with a negative reaction.
- The right struggle is to reclaim your attention from looking at what a negative reaction blames for its pain, and instead observe the negative state itself.