



SUNDAY, NOVEMBER 27, 2022

Transform Negative Reactions Into New Spiritual Strength

Key Lesson: Reactions are not actions, any more than an echo is the cause of its own sound...which means: we cannot escape moments we resist, any more than it's possible to outrun our own shadow.

Additional Key Lesson: When you are right with God, nothing can go wrong for you.

Talk Takeaways

- Life contains a mystery that you're drawn to – it's the mystery of yourself.
- Agape is a type of love connected to giving yourself up as a higher form of sacrifice for the love of another. It doesn't add something to you, it costs you something – only then do you find yourself being given something in return you couldn't have received any other way.
- It's innate to want new impressions because they stir in you the recognition that what you see outside of yourself is actually a reflection from within yourself.
- In order to get to a new you, you must go through the old you. If I see something new I will learn something new.

- When you're defensive it's because something within you is telling you that something needs to be protected.
- Negative reactions point to and explain to us the cause of our resistance.
- One day you will be more interested in learning about the nature of fear instead of looking for its cause.
- We are learning to become an inwardly oriented human being rather than one directed outwardly by desire.
- We need a new relationship with our unconscious resistance. Resistance is innate in all of creation.
- What is active is naturally in partnership with what is passive in order for it to be strengthened. In the same way wind acting upon a tree serves to strengthen it, so are we created to be spiritually strengthened by anything that challenges us. Active and passive are mutually dependent.
- Resistance isn't personal, it's divine.
- If you learn to enter into the mystery of yourself, you see that the world "out there" is a reflection of your true nature.
- You are made to be something that never stops being perfected.
- You can't learn to love life until you understand the nature of love itself. Love expresses itself in every moment in every creature.
- Each moment of life is intended to elevate you to a new view, but you must first become conscious of what is unconscious in you.
- In a moment of disturbance, learn to see the resistance that has come up in you for what it is, which is a Divine Personal Assistant.
- The way to transcend the condition you don't want is to see that it has specifically been sent to you. Remain present to all the moving parts.
- Fear is ungodly because it doesn't exist without separation.