



SUNDAY, JANUARY 15, 2023

Cancel Any Negative Reaction With One Simple Realization

Key Lesson: Negative reactions have no awareness of themselves at all, which means not only are they blind, but neither have they any awareness of how they are complicit in the continuation of the pain inherent in the condition they protest.

Special Writing: "The Passage"

https://gfmisc.s3.amazonaws.com/20230115_specialwriting.pdf

Talk Takeaways

- If you respond to a truth that you have read or heard, it is because there is a corresponding part in you that is a reflection of that truth.
- Resistance comes before any negative reaction. And the source of unconscious resistance is unconscious comparison.
- Whatever it is that resists any disturbance is already there in our consciousness before the event. The disturbance simply stirs the nature that resists it.
- Our hope lies in awareness of the consciousness that is unaware of itself.
- You have been given the capacity to be aware of the nature that has a negative reaction before that reaction takes place.

- Our conditioned perception of any moment is based on the past and memory and expectations.
- A condition that is seemingly happening outside of us cannot come across as threatening without there also being a corresponding identity that feels threatened by the condition.
- You cannot give a blow to another without first and foremost feeling the pain of the blow yourself.
- Psychological fears are culturally created and play out in the realm of negative imagination. Society as it is today serves to perfect those fears.
- We have been perfectly conditioned to believe in our own negative reactions.
- You do not have any obligation to respond to a negative reaction. Your responsibility is to be aware of it.
- Every time you catch yourself about to hammer someone, there is a shift in consciousness in which you see that it is a consciousness that is about to hammer itself. When you lay the hammer down, you lay yourself down.
- Hating yourself is consciousness hammering itself, believing that it makes sense to hurt itself for not being what it imagines it ought to be.
- There is no such thing as another person's shoes. We are all walking in the same shoes. It's the same consciousness.