



WEDNESDAY, MARCH 5, 2025

3 Words Guaranteed to Release You From Any Negative Reaction

Original Talk Date: March 2, 2016

Key Lesson: Part 1: It makes no difference to whom, or at what we point the finger of pain as the figure to blame for our suffering, because until we are aware of our own hand in these same unwanted moments... nothing can change.

Part 2: The unconscious assumption that the more negative we are towards any given situation -- given the "wrong" we see as having been done to us -- proves that we are in the right... is like believing that the pain of overeating is the fault of the food set before us on the table.

Talk Takeaways

- You can either spend your life reverting back to the same old nature that resists conditions, or that nature can be converted into something new through awareness of it.
- A higher part of you awaits you, but you can only grown into the higher part of yourself when you at last outgrow the child in you.
- What is wrong with you has to become more and more evident, realizing that the childish part of you no longer serves you. In this way we outgrow limitations.

- The debilitating syndrome from the doctor story was "OOWAMII" (O-O-WA-MII), which stands for "Only One Way And Mine Is It." It is an unseen body of demands that is set against life.
- Demands take you over anytime something in life runs counter to them. We do not even know that the demanding 'I' exists in us until the condition calls it out.
- Identifying with a reaction keeps the thing you don't want in place, along with the "you" that doesn't want it.
- The condition that you don't want does not exist without the 'I' that doesn't want it. That 'I' exists solely for the purpose of not wanting, and being against, what it is looking at. It keeps thinking about the very thing it wishes wasn't there.
- Try to see the connection between "Why is this happening to me?" and "Only one way and mine is it (OOWAMII)."
- There is a part of us that lives to be against something. The thing that we don't want that we blame for the pain can't remain without something keeping it in place. It looks at what it has made so that it can despise its own creation.
- The more negative that resistant nature is, the more it seems to prove to itself that it is right. The tendency of negativity is to see only one possibility.
- When you are looking at something seemingly outside of you that you think opposes you, what you are really looking at is something of yourself.
- Here are the three words that can change static negative suffering, into a fluid possibility of transcending that old pattern: "Maybe I'm wrong."
- "Maybe I'm wrong" brings awareness to the nature that is certain in its negativity. It introduces a new possibility into the pattern. If you are negative, you are wrong.
- "Maybe I'm wrong" suspends the usual negative reaction and leads to "Maybe I'm not seeing everything as it is."