



WEDNESDAY, MARCH 26, 2025

How to Step Out of the Dark Waves of Any Unwanted Moment

Original Talk Date: March 23, 2016

Key Lesson: Part 1: Being responsible for our negative reactions begins with becoming aware of them. For instance, until we can observe and learn what it means to be consciously passive to our own negative reactions then what else can we do but go on identifying with them and embracing, by default, the false perception that someone or something else is responsible for our pain.

Part 2: Just as blowing on a spark helps ignite it, along with the materials that surround it, so does naming any psychological pain enflame it until -- as is intended by the lower level of self that loves any super heated feeling -- all that's left is the ashes of our own higher spiritual possibilities.

Talk Takeaways

- How There is no power on earth that can set you free until you are willing to understand the nature of your captivity.
- Being identified with the parts of yourself that build prisons is what produces the pain you are in. Without understanding those parts, there is no way that you can part ways with them.
- You lose our temper with machines because you are a machine. You respond like a machine to the machine that you are irritated with.

- Within us lives something that is mechanical that will always react in its same programmed way given the corresponding set of circumstances.
- Without higher self-knowledge that has been sown into this world by a level of being above us, there would be no chance for any human being to be anything other than a self-fighting machine.
- When you run into a situation that is unwanted, instead of fighting with it, give yourself to the situation so that you can understand the part of you that is identified with something.
- "Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also. And whosoever shall compel thee to go a mile, go with him twain. Give to him that asketh thee, and from him that would borrow of thee turn not thou away." -- New Testament
- We need a new relationship with life based on seeing that our present relationship with ourself is what is responsible for our pain.
- Nothing in reality is set against us. We are set against ourselves without knowing it because we do not know ourselves.
- "Human freedom involves our capacity to pause between the stimulus and response, and in that pause, to choose the one response towards which we wish to throw our weight. The capacity to create ourselves based upon this freedom is inseparable from the consciousness of self-awareness."
- A moment of creation is simultaneously a moment of revelation. Creation, awareness and revelation are all part of the same act.
- An active force in creation always meets a passive force that opposes it.
- Real life is not about finding ways to make what is temporary last forever.
- If you are going to understand yourself, then you cannot keep pursuing what you think you need from the world.
- The image that we have of ourselves, and the things that challenge the image, are opposites.

- The reason that pain persists is that there is an unconscious nature in us that cannot use the initial resistance for its true purpose. And because the resistance is not used properly, it takes on an unconscious life of its own.
- There is a part of us that makes something concrete out of unwanted conditions so that it can resist what it is looking at, and figure out ways to resolve it.
- You name it, you claim it. You claim it, you blame it. You blame it, you flame it. Resistance is a secret form of identification (claiming it). You cannot claim a pain without also searching for something to blame. And the more you blame others for the pain, the more enflamed you become. If you don't name it, because there is awareness of it, then all of that energy moves through your consciousness without interference.