



SUNDAY, MAY 25, 2025

Practice this Powerful Spiritual Secret And Watch Negative States Fall Away

First Key Lesson: It's not by accident that we reach interim points of mounting resistance in our work to be free, any more than we accidentally meet the challenge of some uncertain, unstable ground that waits to be gained the nearer we come to the summit of a mountain.

Second Key Lesson: Between any negative reaction...and our response (to it), we must find the will to repose. Without being able to enter into the timeless space between what stirs us, and what it stirs within us, what can seem a wise choice is more often than not an act of ignorance yet to be revealed...and still to be paid for!

Talk Takeaways

- "Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it." -- New Testament
- Nothing in nature grows in a straight line. There is no straight line because there is always a creative force is acting upon the new creation. The force of creation, nor the creation that it is acting upon, are ever the same.

- The negative states that seem to come out of nowhere will tell you the reasons for their appearance, which always includes some form of "I'm innocent, you're guilty." Negative reactions will tell you why you are the way you are.
- We will never know freedom as long as we listen to negative reactions as they tell us what we need to do in order to find freedom from the disturbing people and conditions that they blame.
- In understanding the truth about negative reactions, you no longer try to control them. Instead you see how trying to control negative reactions only strengthens their grip on you.
- The experience is not created by the condition. Rather, the condition reveals the character that is having the experience.
- The moment that you don't want can't be separated from what you brought into that moment.
- What goes up must come down. If not given the force needed to maintain its straight line, dark negative reactions will fizzle out. The fuel needed to maintain negative reactions is identification, which is what happens by default in the absence of awareness.
- You refuel the negative reaction every time you resist it. Not wanting the negative reaction when it appears is what fuels it. You are refueling something that is stealing your freedom. But it is not "you" that is refueling it. It is a mechanical self-reinforcing system.
- When it is unattended, resistance recreates itself. But it disguises itself in a different form every time it is recreated.
- You cannot escape from the initial reaction, but it is intended to be revealed to you in the light of awareness. Presently for us most of the time, the initial reaction is refueled through resistance, i.e.: not wanting it.
- No closed system can change itself by itself. The only way that a closed system can change is if a new energy is introduced into it.

- Negative reactions are useless when allowed to continue unabated. But those reactions can become useful in a new way when awareness reveals them when they appear.
- Every thought that you take toward a state that you don't want refuels the state.
- Resistance would reach its natural peak and fulfill its purpose if we did not interfere by trying to change it with the mind that reacts to the resistance.
- The next time a negative reaction rises up, don't try to stop it, but don't feed it either. Instead, suffer it consciously, be the observer, watch it rise and fall. You will have to watch your sense of self fall with it. In that still place as the observer, you will learn that you are not the source of the reaction. Since you are not the source of the reaction, your role is not to manipulate it, but to observe it.