



WEDNESDAY, OCTOBER 1, 2025

Catch the Negative Reaction of the Self-Centered Kind

Original Talk Date: October 5, 2016

Key Lesson: The spiritual search for the "old nature" set against you... isn't a "snipe hunt." The source of human misery is not a myth; so that if you've yet to see the beast of self-centeredness, if you don't recognize this creature for what it is -- and where -- it lurks within you... then at least learn to look for its tracks. That way, you might one day trace them back to its dark lair, where lie all the bleached bones of your life past. Don't be dismayed by this prescription, rather hear its timeless promise: your wish and willingness to enter into this place marks its death, not yours.

Talk Takeaways

- We falsely believe that we are actually serving ourselves when we identify with thoughts and feelings.
- Realizing that you can do better than get negative is the herald of the Divine in an individual. It is the beginning of understanding that you are not who you think you are.
- A truly intelligent mind is one that can see the opposites at the same time.
- "And now also the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire." --

New Testament -- The only way it is possible for the old nature to perish is for the axe to lay bare the roots, because then that nature is no longer hidden from sight.

- The reason no one wants the truth is because the nature that we presently take ourselves to be cannot live once its roots are exposed for what they are.

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The harmony and happiness of man
Yields to the wealth of nations; that which lifts
His nature to the heaven of its pride,
Is bartered for the poison of his soul;
The weight that drags to earth his towering hopes,
Blighting all prospect but of selfish gain,
Withering all passion but of slavish fear,
Extinguishing all free and generous love
Of enterprise and daring, even the pulse
That fancy kindles in the beating heart
To mingle with sensation, it destroys,
Leaves nothing but the sordid lust of self,
The groveling hope of interest and gold,
Unqualified, unmingled, unredeemed
Even by hypocrisy.

How vainly seek
The selfish for that happiness denied
To aught but virtue! Blind and hardened, they,
Who hope for peace amid the storms of care,
Who covet power they know not how to use,
And sigh for pleasure they refuse to give,
Madly they frustrate still their own designs;
And, where they hope that quiet to enjoy
Which virtue pictures, bitterness of soul,
Pining regrets, and vain repentances,
Disease, disgust and lassitude pervade
Their valueless and miserable lives.

_ Percy Bysshe Shelley

- Something unseen lives in us that, given the proper conditions, will use our name and use our life, not caring about the wreckage that it leaves behind it.
- There comes a time when your freedom must become more important to you than your pleasures, possessions and plans.
- To be prepared spiritually means observing dispassionately and impersonally, along with the ability to sustain an attention that is not commanded by the reaction to what is revealed to you. Once the preparations are in place, the revelations follow accordingly.
- The patient in the doctor story could not stop thinking about herself. The doctor told her that she had a bad case of NROTSCK: "Negative Reactions Of The Self-Centered Kind."
- The pain we feel around other people is not caused by what they are, but by what we want them to be.
- The intellectual ability to convey spiritual principles has nothing to do with the intelligence from out of which they come.
- The contraction in the face of the revelation of the creature scares it away. It seems like the creature is gone, but it is not. It has just been pushed into hiding by your reaction to it. This why attention and awareness are so important. Attention and awareness do not react; they allow everything to come and go through it.
- Identification is isolation, because the only thing that can be considered is what you are being given to look at.
- The more you think about what you don't want, the more you are identified with the thing you don't want.
- The wish to punish someone else for not living up to your demands is a negative reaction of the self-centered kind (NROTSCK).
- The inability to be happy for the good fortune of another person is a negative reaction of the self-centered kind.
- You don't have the capacity to help other people because you are too full of what you don't want.

- The mindset of this lower nature is that everything in the universe is related to it, which makes it impossible to consider any other relationship. It is not that everything in life is related to you, but rather that everything in life is related... period.
- The majority of our life is spent not wanting what we are going through.
- We are always trying to satisfy the beast that lives inside of us so that we don't have to really experience the full extent of what it is doing to us.
- We must find a way to be in the moment when the reaction is unfolding, as opposed to becoming an effect of the reaction. Suspend your reaction to the reaction so that you can see a little bit more about it.