



SUNDAY, FEBRUARY 8, 2026

From Reaction to Revelation: The End of the Illusion of Personal Suffering

Key Lesson #1: Looking to any reaction to resolve, or otherwise reconcile a negative reaction is like chasing a shadow to find the light.

Key Lesson #2: We've all heard nothing is good or bad save thinking make it so...let's expand this idea: No moment itself is for us - or against us; nothing is personal, let alone painful, save identifying with some familiar negative reaction that makes it seem so.

Key Lesson #3: No reaction has a voice; it has no need to talk about its true nature because the whole of its impression is perfectly expressed in the moment of its revelation.

Key Lesson #4: If we understood in the moment of its appearance that no reaction has the power, let alone the wisdom to resolve the reaction that gave rise to it...it would be the end of one order of consciousness, and (that understanding, actualized) the birthing ground of a new and higher order of being.

Talk Takeaways

- The mind is forever trying to find a way to escape from the prison that it is constructing.

- Is there any other way to respond to a negative reaction other than to identify with, and then act out its choices... only to react again to the inescapable result of the choice we have made, and in whose promise we've become identified? What if its choices are not ours?
- We go into thought in order to get out of the unwanted condition, when thinking itself IS the condition.
- The choices that are made when you are negative are not really your choices. The familiar sense of yourself is not really you at all.
- The only choices that we have in the midst of a negative reaction are the choices that the negative reaction offers.
- It is not a new set of choices that leads to freedom. Freedom is the negation of the negative chooser.
- The moment itself does not have right or wrong in it, because it is God's moment. The moment does not declare quality. The source of the suffering is the part of us that is giving the moment a quality, giving it a meaning.
- Every reaction recirculates the thoughts that produce it.
- No reaction has a name until it is given a name through memory, and then we resist the reaction that has just been defined.
- In the instant that something seeks to end a painful moment, desperation appears. The pursuit of pleasure is the desperate avoidance of pain.
- You think that you are outside of the reaction that you do not want, but that is an illusion.
- The mind that never stops talking about its experience. Our suffering is born of our identification with a commentator. Why don't we know that there is something wrong with a mind that is talking to us all the time?
- No reaction can resolve the reaction that produced it.
- There is no psychological self that exists in the moment of the initial reaction. A self appears when the mind explains the meaning of the reaction.

- While pain may be IN our awareness, it is not OF our awareness. There may be pain, but that pain does not need to become a person.
- Awareness remains constant. Suffering appears when there is identification with the objects that move in and out of the field of awareness.
- Instead of living from objects and reactions, it is possible to live from awareness of those objects and reactions.
- After a deity informed him of his lack of true enlightenment, Bahiya traveled over 120 leagues to Savatthi to find the Buddha. He found him and requested teaching, receiving a famous, concise instruction on non-attachment in sensory experiences. Buddha instructed him: "In the seen, there is only the seen; in the heard, only the heard; in the sensed, only the sensed; in the cognized, only the cognized." When there is only seeing in seeing, hearing in hearing, sensing in sensing, cognizing in cognizing... then you will not be "with that"... when you are not with that you will not be in that. When you are not in that you will be neither here nor beyond nor in between the two. Just this is the end of suffering.
- There is action in the seeing. Until the action is in the seeing, we will forever be stuck in the loop of going into thought to try to escape from unwanted experiences that have been produced by thought.