



WEDNESDAY, MARCH 4, 2026

Stop Being Punished by the Pool of Exploding Emotions

Original Talk Date: March 1, 2017

Key Lesson:

Part 1: The purer the reflection, the more immaculate its conception.

Part 2: We are not lifted by our emotions... rather, we are chained to them; we go where they take us. As long as our identity is a derivative of any temporary passion, our sense of self is a by-product of the same... much in the same way as a spark owes its existence to the flame that gives it birth. When the fire dies, so does its heat.

Special Writing:

https://gfmisc.s3.amazonaws.com/20170301_specialwriting.pdf

Talk Takeaways

- No one makes the journey to a new country without first leaving the old country. You can't stay in the old country and find the new country at the same time. Same with the journey from the exterior life to the interior.
- There is always a risk required when one leaves an old country for a new country. Take that risk sooner rather than later, because you do not know how long you have.
- The condition that is being described is not the condition itself

- Consciousness is unable to describe the content of itself without limiting itself through the description.
- Your mind is clouded, but the problem is not the clouds.
- "All is well. Emotions are an exploding pool. Thought, a passive pond. Let everything unfold. Don't let the mind be a wall. Everybody go to work." -- Vernon Howard
- The event itself is not the source of your suffering. The event stirs something in the dark of us and produces a reaction. The only reason you get negative is because something resists the condition.
- Our work is not to get rid of the clouds. Our work is to be able to see the relationship between the sky and the clouds.
- The thing that you don't want, and the "you" that doesn't want it, are bound together. Emotions blind you to the fact that those two things are not separate.
- You not wanting the moment is identifying with the moment you don't want. But the moment you don't want is not the outer condition. What you really don't want is the emotion that you are experiencing as a result of being unconscious to yourself.
- The more you are identified with an emotion, the further away you are from the Divine.
- The word "emotion" connotes being stirred up and agitated. Whereas, a "feeling" is more than just something stirring you. A true "feeling" connotes no separation between you and what is observed.
- When we are not aware, we take the emotion as being ourselves. The more we take an emotion to be ourselves, the more the emotion falls into a degraded state.
- "Of a certainty, the man who can see all creatures in himself, himself in all creatures, knows no sorrow." – Upanishads
- Every bit of true knowledge must produce a moment of recognition that all that was... is no more -- and you must be willing to accept that moment.
- What is an emotion without a thought? Associated thoughts are required in order for an emotion to sustain its presence in the psychic system.
- No emotion in and of itself is wrong. It is the misuse of natural and celestial forces that produces ugliness.

- Evil is what happens when the mind does not understand the goodness of God.
- You can't free yourself from an emotion by not wanting it. Not wanting it IS the emotion that you are caught in.
- You can't understand anything that you identify with, because what you are really identifying with is what you think you know about the object. Identification is the antithesis of being able to discern.
- No emotion is the sum of an experience. Whereas the sum of experience includes the recognition that the emotion is not the sum of experience.
- Start to see the appearance of an emotion as "it", not "I". If you are really aware of the emotion, you won't identify with it.