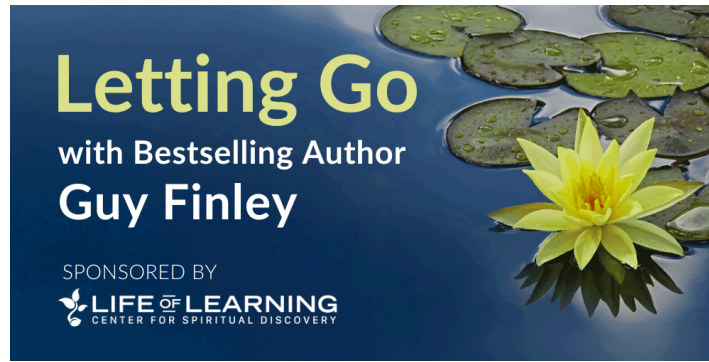




SUNDAY, MARCH 8, 2026

How to Get Along with Life Without Really Trying

Key Lesson #1: The fact that we can be aware of - a witness to the experience of our own reactions proves, undeniably, the existence of a higher order of being that is not bound by them, let alone to the subsequent actions they tell us we must take.

Key Lesson #2: The more we learn to stand aside, to stand largely as witness to our own reactions because we have gradually lost interest in the experience they create, the nearer we are to this unthinkable revelation: contrary to what our reactive nature wants us to believe, it cannot deliver us to the freedom it promises, but rather our unconscious identification with it is an impediment to the Divine realization we are already free.

Special Writing: "How to Get Along with Life"

https://gfmisc.s3.amazonaws.com/20260308_specialwriting.pdf

Talk Takeaways

- There is something waiting to grow in you that you are responsible for and that requires your attention.
- There is a difference between a familiar reaction, and our awareness of it.

- A mirror reflects whatever is before it, no matter what the object is. Neither the mirror nor the object being reflected is aware of each other -- they do not know each other -- but we can be aware of both at the same time.
- The unaware mind believes that the seer is different from what is seen.
- Reactions divide the seer and the seen, convincing us that we are separate from what we are looking at.
- Do we really need a reaction to tell us about what has appeared in consciousness? We would not need to rely on a reaction to define the moment and tell us what to do if we were actually aware of what appears.
- The certainty behind a reaction is that "I recognize this moment." To recognize a moment is to relive a past experience. In reality, you cannot recognize something that is brand new.
- You can't have a reaction that isn't connected to some kind of unseen form of comparison. And you can't have comparison without a mind that is reliving the past. On and on it goes for the circle of self that repeats itself.
- We can't try to fix our lives without having had a reaction that says our lives are broken.
- Nothing that a reaction ever tells us to do in order to complete ourselves removes the persistent feeling that something is missing.
- There is nothing that this world can offer that can fulfill what is not of this world.
- A desire to be whole can be momentarily satiated, but it cannot be truly answered by what the desire tells us to pursue.
- Reactions prescribe actions. If you were capable of witnessing the reaction instead of identifying with it, you would recognize the suggested familiar action that comes with it.
- The reaction is suggesting a destination, but your preferred destination must be to sit in the awareness of the reaction.
- The pure awareness of something does not have "you" in it, and yet pure awareness is who you really are.

- Revelation can release you from the belief that you have to do something with the reaction. Awareness brings an end to habitual identification.
- Reaction divides life into what should happen, and what should not happen.
- Seeking shelter from a psychological storm IS the storm.
- In awareness of the reaction, you are the experience, not the one who is having an experience. Then "you" can't be for or against what is being revealed. Learn to be aware of the reaction, instead of allowing the reaction to tell you who you are.