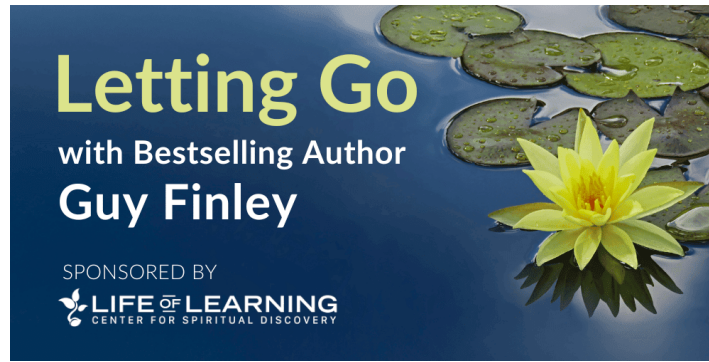




SUNDAY, AUGUST 23, 2026

Transform Old Negative Reactions into a New Relationship with Life ... and Be Set Free

Key Lesson #1: The divided, sleeping mind meets and measures each new moment by recollecting what it remembers about it. In this way, it never meets a moment it hasn't already decided is good or bad, wanted or not.

Key Lesson #2: Trying not to react is a second reaction that has judged the first one. Now the false self has simply changed costumes and calls itself spiritual.

Key Lesson #3: At first, remembering ourselves requires intentional effort. We must remember our suffering does not prove the cause our negative reactions point to, so we agree to pause before accepting the identity it offers. But with practice, the pain of identification itself begins to awaken us.

Key Lesson #4: The (second) reaction includes the painful thought, "Remember what happened to you." But Wisdom says, "Remember what happens to you when you become the reaction." One form of memory strengthens the suffering identity. The other restores the awareness in which that false sense of "I" can be seen and released.

Talk Takeaways

- There is an inner alchemical possibility, where what was once useless -- the lead of unconscious reactions -- can be transformed into something useful -- the gold of self-awareness.

- Life is relationship; self is awareness of that relationship.
- Everything that is passive naturally resists everything that acts upon it. Active and passive forces are complimentary. In nature a new conception comes out of the intersection of these forces.
- Insights are critical, but insights become poison if they do not become experiential.
- The first interaction of what is active upon what is passive does not have a name. What is newly created from that interaction also does not have a name.
- You see time as your enemy in the same instant that you imagine time. It is the mind resisting its own creation.
- There is a world of difference between escaping something, and transcending something.
- The experience of not-wanting the initial reaction can only happen when the mind defines that first reaction.
- The explanation of the reaction is inseparable from the sense of self that both claims the reaction and resists it at the same time. This false sense of self thrives on resisting the very forces that create it.
- You are stuck in the psychological loop of a divided mind that creates the very reactions that it then resists. But this divided mind believes that it is stuck in something outside of itself. In order to continue existing as it has been, that consciousness needs to sustain division and have something to blame.
- The mind tries to protect itself from the creatures that it creates. It remembers the very thing that it wants to forget. It goes looking for what it needs to remember in order to feel miserable.
- We are overcome by forgetfulness, a psychological amnesia that begins with identification with a reaction. No one is more blind than a person who is identified with a negative reaction. It turns a temporary reaction into an enduring torment.

- You cannot have a new relationship with a negative reaction by trying to eliminate the disturbance. Trying to eliminate the disturbance strengthens the negative reaction.
- The awareness that you are about to act from a false authority is the only authority that you need.
- The definition of the Greek word "Anamnesis" is to remember yourself; to recollect the whole of oneself; the end of separation through remembering.
- New understanding does not bring pride, but genuine humility, which is the low place, the only place that understanding can be received.
- When you can see that there is more to this moment than meets the 'i', in that instant you are not identified with what you see.