



SUNDAY, SEPTEMBER 12, 2021

Stop Doing THIS in Unwanted Moments and Start Setting Yourself Free

Key Lesson: Part 1: What power has any painful moment over us save for having become unconsciously identified with our own negative reaction to it. Seen properly, this means the event we blame for our suffering is like looking in a mirror... and blaming the reflection for whatever we don't want to see in it!

Part 2: Our willingness - and the inner work it takes -- to be aware of the hopelessness in any negative reaction is the first step in transforming its innate futility into a new, true, and higher destiny.

Special Writing: "The Single Greatest Spiritual Secret in the World"

https://gfmisc.s3.amazonaws.com/20210912_specialwriting.pdf

Talk Takeaways

- Who we really are belongs to a greater story than anything the mind can imagine.
- The mind only knows thought, and thought is the past.
- The pain in our lives is because we are cut off. We are isolated with no understanding that our present consciousness only knows one thing to do with unwanted moments, which is to resist them.

- We live in a world where negative reactions make sense. Every negative reaction separates us from the real world.
- What is the root of the predominant sense of identity we have? Wanting and not wanting. That consciousness only knows how to meet moments with what it wants and/or what it doesn't want.
- FONWWI Syndrome stands for "Full Of Not Wanting What Is" Syndrome.
- Have we ever changed one thing by not wanting what is, by not wanting what is essentially the experience of ourselves?
- No moment can be different than it is. Our distaste for the moment cannot change even the smallest thing about what's taking place before our eyes.
- We can do much better than to just unconsciously suffer the ache of useless resistance.
- All negative reactions are useless. Anything negative reactions tell us is true about unwanted moments -- usually pre-painted in their favorite dark color - is equally useless.
- Your negative reaction isn't just useless to change the condition you don't like, but actually cements you to it.
- To even suspect that negative reactions are useless is the beginning of the end of being used by them.
- The usual automatic conclusion is that the only way to meet an unwanted moment is to get negative about it.
- We make a mess out of things that we try to straighten out that never needed to be straightened out by us in the first place.
- Negativity is the rejection of the experience of the moment.
- You will never know freedom as long as you don't want the experience of yourself.

- When you want to escape from anything you are really wanting to escape from yourself.
- No negative reaction knows anything about the freedom that it promises.
- Self is the outpouring of an infinite amount of impressions produced by infinite influential possibilities.
- When a negative reaction comes up in us, see what you can about the consciousness that wants to blame something outside of itself for the reaction.
- We can't transcend conflict by changing the conditions that reveal it.
- When we identify with any reaction we become the doormat of the consciousness that is responsible for it.
- You can't be free and carry resentments at the same time.