



WEDNESDAY, SEPTEMBER 15, 2021

An Unbelievable Discovery About the Unseen Source of All Self-Sabotage!

Key Lesson: Part 1: Claiming that we want to understand the source of (our) suffering without being willing to enter the (lower) level of consciousness that creates it...Is like saying we want to explore the depths of the ocean while reclining on a lounge chair somewhere near the shoreline.

Talk Takeaways

- We are intended to use the world that we are in to enter into another world within ourselves that cannot be turned upside-down by anything that happens.
- Real life never acts against you. Something in us believes that life does act against us, with a mindset saying that there are events that are for us, and events that are against us.
- Nothing in creation acts against itself nor against its own perfection, except for the consciousness that believes it is separate from the rest of life.
- Blame is a form of fighting with life.
- The first thing we do in any unwanted moment is act against ourselves, thinking all the while that we are acting against an enemy, and therefore for ourselves.
- You act against yourself every time that you identify with a negative reaction.

- All thoughts and plans that come out of a negative reaction are useless.
- You act against yourself whenever you blame another person or circumstance for your pain.
- Every act of self-sabotage is seeded in a negative reaction.
- Presently, one of our solutions to unwanted moments is to want something else. But that want is handed to us by a consciousness that resists life as it is.
- A negative reaction comes with the explanation as to why you are having that negative reaction.
- A negative reaction involves comparison of the moment as it is with how the mind imagines the moment should be.
- Whenever you are psychologically protecting yourself, it does not feel like you are acting against yourself, but the pain you feel in those moments proves otherwise.
- The evidence that you are acting against yourself is that life keeps giving you moments that you say you do not want.
- Whenever you fear something that may happen, you are complicit in creating the very condition that you fear.
- Self-protection is self-sabotage (psychological and spiritually speaking).
- Jealousy is the bitter fruit of a negative reaction, born of comparison.
- There is no such thing as a want without something else that is NOT wanted.
- Negative reactions are connected to not wanting and trying to escape the experience of yourself. Negative reactions claim that it is life outside of yourself that it doesn't want, but it is yourself as you are that is not wanted.
- What you really don't want is to be the "you" that is always not wanting.
- Pretending to be something that you are not is acting against yourself. Pretending to be something that you are not is an attempt to escape what you are.

- You cannot escape who and what you are. You are created as you are in order to USE what you are to transcend what you are.
- The consciousness that does not want to be itself cannot change itself. It is in the acceptance -- the awareness of -- one's consciousness that changes the consciousness.
- Asking "Why did that have to happen?" is the same as saying "I do not want what just happened."