



SUNDAY, JANUARY 30, 2022

The Wisdom to Let Go and Outgrow Negative Reactions

Key Lesson: Part 1: Painful reactions are born of an unseen resistance (to life). This means our suffering isn't created by the situation blamed for it, rather it is the negative effect of identifying with a lower level of consciousness that clings to this painful, mistaken belief: the first thing to do when having to deal with any unwanted moment...is to not want it!

Part 2: Learning to let go of any painful negative reaction begins with realizing the following truth: the feel is real, but the "why" is a lie!

Talk Takeaways

- What we take to be certainty is really uncertainty masquerading as certainty.
- A person's entire destiny can be changed by the willing reception of a truthful idea.
- Negative reactions are difficult to let go of because when they come along there is no part of the reaction that says, "There's a painful negative reaction."

- Observation of a negative reaction allows us to consciously doubt it.
- A negative reaction blames its experience on what it perceives as being outside of itself.
- All negative reactions are the offspring of unseen resistance to a perceived threat.
- Outgrowing negative reactions begins when we change our relationship to the unseen interior cause of those reactions.
- Resistance sets negative reactions into motion. Resistance and negative reactions are in conflict with what is perceived to be the cause of the experience.
- Everything is being acted on and transformed into something else. Everything that is transformed is transformed because ultimately it had no choice but to let go.
- Nothing hangs on any fearful moment that isn't meant to fall from it.
- There are unconscious parts of us that will not let go because they have no interest in it. Those parts only want to continue as they are.
- The moment that produces resistance comes so that the resistance can be revealed.
- A fixed image of what freedom entails is not freedom. In fact, it is captivity.
- A fixed 'I' cannot lead to freedom from negative reactions. In fact, it is captivity.
- We do not want to escape conditions. We want to use conditions as they appear.
- "What is it in this moment that is actually fixed?" This kind of questioning of yourself can help lead to a healthy doubt of the authority of any negative reaction and the fixed 'I' that appears along with it.

- Chronic tension is chronic identification with thoughts that want life to be a certain way in order to ensure that there are no threats.
- Resistance is the revelation of a fixed consciousness.