



WEDNESDAY, NOVEMBER 16, 2022

Stop Dark Thoughts & Feelings from Stealing Your Life

Key Lesson: Here is the self-evident, but seldom - if ever - admitted reason why we must do the difficult inner work needed for real self-transformation: if we don't rise above our present level of consciousness, we gradually come to incarnate the very weakness we claim to despise within us. To see the truth of this provides us with a reason, the will and the courage we will need to succeed in our quest to be in proper command of our heart, mind, and soul.

Additional Key Lesson: The only authority any negative reaction has over us is because we identify with it, which means it is we who - in our unawareness of this unconscious relationship - give it the power it has to punish us!

Special Writing: "Choosing to Be Choiceless"

https://gfmisc.s3.amazonaws.com/20221116_specialwriting.pdf

Talk Takeaways

- The problem isn't the disturbance itself. The problem is that nobody understands the reason for it, which is why unnecessary suffering continues.
- The more that we listen to the temptation to follow the choices that appear to try to change what disturbs us, the more everything remains the same.
- It is the choices you make that lead to the very conditions that you feel trapped by.

- Consciousness and our relationship to it changes when we at last see that turning to that same consciousness to initiate changes in our life is futile.
- One bad choice made by an unconscious nature can alter the course of a person's entire life.
- Questions: Much as dark clouds roll in before a storm, what always comes before any bad choice we make, and yet never announces itself as the one making that choice? What's the one authority that we never question because we're so conditioned to yield our will to it anytime the condition asserts itself? Answer: Negative reactions.
- The unspoken imperative in every negative reaction is to resolve the pain that it believes the disturbance is responsible for.
- Negative reactions are not your reactions. They belong to a consciousness whose activity you are not aware of.
- Allow a new level of awareness to choose for you, something that can see the whole structure of consciousness and understands the repetitive nature of negative reactions.
- There is a constant conflict within any observer who believes it is separate from what is observed.
- Nature is served by the storms she creates. How are you served by your negative reactions?
- Consciously bring the seeming authority of any negative reaction into question.
- See that your identification with the negative reaction IS the punishment, not the condition or the person it is pointing to.
- Our awareness must be of our thinking, as opposed to thinking about how to be aware.
- Measuring your supposed success or failure in every moment is conflict.