



SATURDAY, SEPTEMBER 23, 2023

## Escape the Unseen Prison of Negative Fixation

Key Lesson: Inner joy can't be separated from a deep sense of gratitude that is, in turn, inseparable from a mind at peace with itself; it knows, without thought, that everything is in its right place - being revealed at the right time.

Special Writing: "Escape the Unseen Prison of Negative Fixation"

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### Talk Takeaways

- Any moment of seeing a truth changes the nature of the seer.
- You really give something up when you have nothing to replace it.
- When you really understand something, it is a moment of something new being born out of something that has come to an end.
- The acronym "FBRs" from the doctor story stands for "Fixed By Resistance Syndrome."
- When you don't want a condition, what you are really not wanting is the experience of yourself.
- When the mind meets something that it does not recognize, at that instant it seeks to make it into something that it can recognize.

- We can't get negative without knowing why we must be negative. The source of the negativity is the consciousness that is fixed on resisting what it does not want.
- You have free will, but the free will you have is to see that currently you are freely serving something that is not serving you, and you don't know it.
- Resistance is not separation. It is identification, because resistance is a mind fixed on what it doesn't want.
- What is new cannot be enhanced or diminished by thought. To understand that is to begin to leave the moment alone.
- We resist the manifestations of others because they bring up in us something that the consciousness resists, something that it does not want to be.
- What is beyond resistance (what is beyond not-wanting) is the awareness and subsequent understanding of its futility.
- What is beyond resistance is the joy of the flow of new understanding. On the other side of the resistance is the flow, and you cannot know the flow until you are in it.