



WEDNESDAY, OCTOBER 4, 2023

Take the First Step Out of and Away from Runaway Reactions

Key Lesson #1: The consistency of any painful, negative reaction to some person or event doesn't prove - as we imagine it does - that the "guilty" party remains unchanged as "charged." Rather, what it does show - at the very least - is that it is we who are unchanged: an unwitting captive of being unconsciously identified with our own negative reaction.

Key Lesson #2: No reaction can resolve the moment it sees - let alone blames - for what amounts to it not wanting the experience of itself.

Key Lesson #3: It's impossible to free myself from any negative reaction by identifying with another reaction... of any kind.

Key Lesson #4: No reaction is a choice, and neither is any choice made from a reaction capable of changing the unconscious nature that gives rise to it. Again: a reaction is not a choice.

Talk Takeaways

- We are dominated by reactions on a daily basis, but the real problem is that we do not know that we are dominated.

- Unconscious resistance is the life-blood of the false self. Resistance is what keeps the false self alive.
- Some sort of self-compromise comes out of being dominated by the conclusions of negative reactions.
- A condition cannot be resisted unless something is certain that it knows what it is.
- Negative reactions have never resolved the conditions that they complain about. If negative reactions are therefore futile, then why are we so quick to do their bidding?
- Resistance is negative identification. Resistance is negative attraction. When you are resisting a condition, all of your attention is on the condition that you don't want.
- Hidden within a negative reaction is a desire for an experience other than the one you are facing.
- The second reaction tells us what to do in order to escape the pain of the first reaction. We look to our reactions to save us from our reactions.
- Negative reactions are Trojan horses that are accepted as necessary to deal with painful moments, when in reality negative reactions always cause unnecessary pain, attacking the one who is identified with them.
- Negative reactions tell you that you are separate from the conditions that you are experiencing. But the reality is that you ARE what you are experiencing.
- No promise of a better tomorrow can free you from the fear of today.
- Awareness uses everything that it touches for its intended purpose, including the energy that is packed into resistance and subsequent reactions. If there is awareness, then the vicious circle of reactions attempting to save themselves from reactions cannot continue.

- Real spiritual work is never a step into the known. Just notice the circle of familiar reactions seeking to reconcile other habitual reactions. There is not one thing in that mechanical circle that can rescue you.
- Revelation is the entrance into the experience of yourself. Avoiding the experience of yourself is the same as avoiding revelation.
- The genuine spiritual life is not about accomplishments, because the work of being present to the experience of yourself never ends.