



SUNDAY, NOVEMBER 26, 2023

## **Make this Spiritual Fact Your Friend and Set Yourself Free**

Key Lesson: Since it is impossible to be unhappy over what you don't have without first having been subjected to some form of unseen painful comparison, this means the true source of one's unhappiness isn't because of some passing condition, but rather is a creation of an unconscious nature - punishing itself - each time it negatively reacts to some imagined happiness lost.

### **Talk Takeaways**

- Spiritual ideas are intended to introduce you to another world within you that cannot be threatened by any outside condition.
- Spiritual principles do not exist in order to save you. They exist for you to see how futile it is to try to save yourself as you currently are.
- There cannot be a negative reaction without unseen resistance. And there is no unseen resistance without identification.
- The way that it is now, the mind never stops trying to control its own reactions -- and resolve those reactions -- through measuring and comparing everything it lands on.
- The mind tries to bring an end to the conditions that it believes are responsible for negative reactions. It does not understand that the condition and the

reaction are one thing. You will begin to make real changes in your life, and find another kingdom within yourself, when you begin to see that.

- A negative reaction, and the sense of 'I' that comes along with it, are not separate things. The negative reaction is an attempt to save -- to re-establish - the identity that feels threatened by the condition.
- Our consciousness encounters each moment loaded with "MEMOR-I'S": memories that each come with a corresponding sense of 'I'. Which means that it never stops trying to figure out whether or not the world is a threat to its sense of 'I'.
- Instead of trying to control reactions, be "hands-off." Watch the part of you trying to control negative reactions. See that it can't NOT be hands-on. Remember that not-wanting something -- like a reaction, for instance -- perpetuates the thing you don't want.
- Just the facts. If you see something, then you don't need to explain it, describe it, talk to yourself about it. Seeing comes before the words that follow along to interpret.
- The attempt to realize the Divine through using your mind is the attempt to acquire something that will somehow glorify the mind that is seeking.
- "I go before thee to make the crooked places straight" -- "Do not call me good" -- "Not my will, but Thy Will be done" -- These and similar passages from scripture refer to the idea that, of yourself, you cannot save yourself.
- The aim is not to try to stop negative reactions, but instead to become a student of negative reactions through awareness of them. As you see the facts, right actions follow.
- Intelligence does not use words and cannot be known prior to the moment of its appearance. It is the perfect revelation of all that is required to perfect the moment as it is given, and it does so without a single word or thought.
- Duality is a consciousness that does not know "who it is" without at the same time defining "who it is NOT."