



SUNDAY, JUNE 9, 2024

## **The Truth that Sets You Free Begins with Assuming this One Unthinkable Responsibility**

First Key Lesson: Any form of unconscious identification IS limitation; this lower nature lives to judge the limitations of others, so that it never has to see the real source of its suffering...is hidden in just how limited - tiny and tormented - is the world it never stops making from itself.

Key Question #1: How do I become passive - a witness to the persecution of my own negative reaction - instead of the one portraying it? How do I stop being someone who not only punishes others for that pain, but who is punished by it, as well?

Key Question #2: How did we ever arrive at the conclusion that the frustration, disappointment, or anger we feel toward others - for failing to live up to our expectation of them - proves how limited they are; or, for that matter, that our inability to forgive (them) for any such alleged transgression is somehow...their limitation?

Summary Lesson and Exercise: Work to be consciously responsible for your negative reactions instead of being made the unconscious instrument of them, and their dark influences.

## Talk Takeaways

- What would you do with all of this pain if you didn't have someone to blame?
- Isn't it amazing that the golden rule applies to everybody else but you?
- Any relationship of yours can be as new as you are willing to assume responsibility for what takes place within you as part of that relationship.
- Who is it that suffers first when we persecute others in our minds? As we judge, so are we judged.
- Before we can possibly help our friends, family, and neighbors, it is we who are going to have to make a change, by way of replacing resistance of the other with revelation of ourselves.
- Any form of being identified with a negative reaction is a limitation of ours, not a limitation of what is blamed for the negativity. Your negative experience of the moment is your limitation.
- The mindset that everyone should be more like you is a limitation. It creates conflict with anyone who does not conform.
- It is we who are stuck in being negative with and judging others that we think are stuck in negativity.
- We are created to transcend each limitation that we are willing to let be revealed.
- The whole idea of coercing others to be the way we want them to be disappears when we accept responsibility for the reactions and limitations of the consciousness that we all live from.
- Identification is limitation.
- A negative reaction always appears with an explanation as to why the negative reaction is there.

- Recognize the useless struggle of trying to change others' limitations, and instead agree to enter into the useful struggle of seeing, of witnessing, the useless struggle of judging others. "Whoever is not called upon to struggle is forgotten by God." -- Spanish Proverb -- Work to be consciously responsible for negative reactions.
- We believe that our demands will lead to our liberation, when our demands are the very captivity that is blamed on life and on others.