



WEDNESDAY, AUGUST 7, 2024

How to Use Any Negative Reaction to Give You a Fresh Start in Life

First Key Lesson: No one can be "ready" for a real moment of self-transformation; but we can be awakened, and made aware of its immanent possibility...and then agree, or not, to cooperate with that process.

Second Key Lesson: Conditions don't create the pain we blame them for...they reveal the level of consciousness that only knows how to (negatively) react to them.

Talk Takeaways

- The only thing we know to do in unwanted moments is to reject them, and then listen for guidance from the part of us that responds in that way.
- In a disturbing moment, the resistance that comes up -- the onset of it -- is not yours.
- How many times are you going to struggle with fear, anxiety, depression, anger, and every other negative state?
- Negative reactions can be used to die to the consciousness that has those reactions, bringing you into new possibilities in that same moment. Every moment that you are aware of is a new beginning.

- No negative reaction appears without what it blames for the pain, but at the same time it must also name the pain. The naming of the pain is the past. The name is filled with the pain.
- The name you give to the moment is the experience you get.
- The mind searches the content of itself -- its box of thoughts -- in order to transcend the same mind that creates the disturbance. It searches inside the box for a way to get outside of the box.
- What is outside the box is the realization that there is no "you" who has ever really been trapped inside a box in the first place.
- The resistance that you don't want is actually a friendly force. The mind does not see resistance as a friendly force because it only sees what it wants and/or doesn't want.
- Instead of rejecting the moment, every moment of resistance can be recognized as the beginning of the birth of something new.
- The content of yourself is waiting to be made new through your awareness of it. But nothing can be made new if the awareness of the content of yourself (the truth of yourself) is rejected.
- Learn to recognize moments you don't want as evidence of something in you that wants to prove that it knows what is right.
- The energy of resistance is part of a whole that you presently don't see. If used properly, it is the revelation of the consciousness that we were not aware of before.