



WEDNESDAY, NOVEMBER 5, 2025

## The Real Knowledge You Need to Let Go of Any Negative Reaction

*Original Talk Date: November 9, 2016*

### Key Lesson:

Part 1: We resist not what we see as being fearful, but rather what fear sees whenever we look at our life through its eyes. And the reason this fearful nature trembles, as it does, resisting its own dark vision, is so that it can feel unsuited to meet the very situation that it has imagined.

Part 2: We are never overpowered by a negative reaction, regardless how strong it may seem; rather we are overcome by misunderstanding our actual relationship with that dark thought, or emotional state.

### Talk Takeaways

- There is a direct relationship between what our attention is taken by, and the subsequent exchange of energy that occurs as a result.
- The reaction to an event is always a form of resistance to it. But the resistance and the reaction when they first appear have no essential quality in terms of something to identify with. The resistance is celestial in its origin.
- Without understanding resistance, there is no way that a spiritual aspirant can grow in the sense of becoming more and more aware of the content of their own consciousness.

- If you never learn to SEE the machine, you will BE the machine. Right now you think you are the machine because there are parts of the machine that have learned to hate the machine. Machines hate their own mechanical behavior because it proves to the machine that it isn't a machine.
- Anything that fights with a negative reaction is merely resistance hiding itself through its own activity.
- The only way you can be overpowered by a negative reaction is by unknowingly giving your attention to what the resistance is pointing to as the source of your pain. You are overpowered because you don't own your attention at the moment of the reaction.
- Billions of human beings go through their entire lives without ever having seen their own thoughts.
- All true self-knowledge is accompanied by an instantaneous separation from your former level of knowledge.
- The punchline of the first story was: If you leave the creatures alone, by law they have to move on. Your resistance to their appearance attracts their attention; it fascinates them; so the creatures stay longer than they ordinarily would because you don't want them to.
- The resistance to your own negative reaction is a form of fascination with it. We can't take our eyes off of what we don't want to see.
- Can the source of an echo do anything to change the voice that echoes back at it, other than to stop speaking?
- When we resist another person's negative reaction, we are complicit in the continuity of the negativity.
- When you don't know what to do with a reaction – when you don't understand the resistance – the reaction and the resistance are using you. As we begin to understand why reactions appear, they begin to serve a completely different purpose.
- No one has ever told you that you are not your reaction. You are not your negative reaction. A negative reaction is the beast fighting with the beast. You can step aside and watch it go on its way.

- You can either use every unwanted moment -- every negative reaction with its attending unkind state -- to help you see, separate and die to the lower level of yourself that lives to resist its own manifestations ... Or, you can join yourself to the same dark world that you claim to despise.
- The purpose of the unwanted event is to reveal to you the passive parts of yourself that you did not know were there. Then the reaction serves the purpose it is intended to.
- Don't be an echo. When you feel the reaction coming, see that something has been stirred in you, and that there is something in you that wants to look at what it doesn't want. It wants to think about what it wants to be free of. To see all of that contradiction is the beginning of cancelling the usual, habitual, mechanical relationship that you have had with these negative reactions.