

Ministers / Bachelor's Degree Course Study Modules

VOLUME 3

Modules: 25 - 36



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Reaction Control – or How to Have Positive Control Over Your Life

A Lesson in METAPHYSICAL SCIENCE (R)

New Dimensions in Spiritual Understanding and Practice

**It Is Not the Thing in Itself –
But One's Reaction To It**

Einstein said that all things are relative. In an absolute sense, they are. Students of metaphysical thinking learn to base their personal frame of reference in Reality as ABSOLUTE REALITY, or GOD.

- In the human definition, ABSOLUTE REALITY, or GOD, is neither good nor bad; GOD, or ABSOLUTE REALITY, simply is.
 - ▶ *What we as human beings define as good or bad, in reality are aspects of the EVOLUTIONARY PROCESS OF GOD.*
- Swami Vivekananda, probably the greatest Hindu teacher ever to visit America early in the last century, described it this way: *"He who stumbles a little less, we call good, and he who stumbles a little more, we call bad. It is not that there are two different people or presences, but the same PRESENCE (GOD) manifesting in different degrees."*
- What we call the GOOD or BAD person is, in an absolute sense, neither, and what we call a GOOD or BAD condition, in an absolute sense, again, is neither.
 - ▶ *It is not the person, condition, situation, or thing in itself, in an absolute sense, that matters, but rather, ONE'S OWN PERSONAL REACTION.*

What we as human beings define as good or bad, in reality are aspects of the EVOLUTIONARY PROCESS OF GOD.

It Is Human to React – Divine to Control

Whenever you experience a letdown or disappointment over another person, situation or condition, it is only human to react. Usually, the reaction is negative because of some sense of disappointment, loss, rejection, etc., but it is critical to realize that these reasons are, in themselves, *RELATIVE*.

- If students are meditating daily and practicing other metaphysical principles, they are intuitively being led or guided by their HIGHER MIND, or GOD.

What appears to be negative is ALWAYS A BLESSING in disguise – one that will cause you to do things differently, which, in the final analysis, will result in GREATER GOOD in your life.

- ▶ **What appears to be negative is ALWAYS A BLESSING in disguise** – one that will cause you to do things differently, which, in the final analysis, will result in GREATER GOOD in your life.
- ▶ Therefore, there may be a momentary letdown in your initial reaction. However, as a student of this teaching, you should immediately catch your mind and inform it that *this SEEMING negativity is really a BLESSING*, for it is turning you in another direction where you may experience greater good.
- ▶ **Your GOD-MIND always works for you because it seeks to evolve you**, thereby allowing a greater manifestation of its being. It is, therefore, human to momentarily react, but DIVINE to control.
- ▶ **As you place your mind back on the ABSOLUTE REALITY**, all is working for you, in spite of seeming negativity, if you are constantly attuning yourself to your HIGHER or GOD-MIND.
- ▶ **Control over your reactions is then maintained by bringing your mind to TRUTH as quickly as possible**, to what is actually happening, which is GOD negating something for your greater good.

Guidelines to the Practice of Reaction Control

- **LEARN TO THINK IN TERMS OF ABSOLUTES** in contact with all persons, situations or conditions in your life.
- Know that if you are meditating daily and practicing the principles of this study, **“SEEMING” NEGATIVITY IS A MEANS USED BY YOUR HIGHER MIND or GOD** to point you in a different direction for your greater good.
- **WORK UPON CATCHING YOURSELF AS YOU REACT**, in order to quickly turn your mind to the truth that this is working in your favor, as your GOD-MIND directs it to be so.
- When something positive happens, **GIVE CREDIT TO YOUR GOD-MIND IMMEDIATELY**, *so that you do not allow a personal egotism to develop*.
- If you have time to prepare for an unpleasant communication with another person, inform your mind that it will not be the small personal “you” that reacts to what they are saying, but rather, **THE GOD-YOU THAT WILL FRAME YOUR WORDS IN WISDOM**.
- **GIVE THANKS FOR WHATEVER HAPPENS**, knowing that ultimately the experience was necessary for your greater good.
- **RELEASE THE SEEMING NEGATIVITY** as quickly as possible from your mind, knowing that it is but a veil behind which your greater good is waiting for you.
- **DON'T ALLOW YOURSELF MENTAL TIME TO DWELL ON DEPRESSION**. Ask that your HIGHER MIND guide you as to what to do next. Attune yourself to the positive evolutionary action of GOD, or the UNIVERSE, working through your mind.
- **REACT BY TELLING YOURSELF THAT GOD HAS CLOSED ONE DOOR THROUGH THIS SEEMING NEGATIVITY**, and that ANOTHER DOOR WITH GREATER GOOD WILL BE OPENED TO YOU.

React by telling yourself that GOD has closed one door through this seeming negativity, and that ANOTHER DOOR WITH GREATER GOOD WILL BE OPENED TO YOU.

- **THE OTHER SIDE OF THE COIN OF LOSS IS GAIN.** The coin itself is LIFE, or GOD.
 - Before going to sleep at night, always **CLEAR YOUR MIND OF ALL SEEMING NEGATIVITY** and turn it over to the TRUTH that is working for you.
 - **DON'T EVER REACT IN A VENGEFUL WAY** toward another person with whom you are having difficulty. Take action if necessary to correct a situation, but with GOD's LOVE in your heart; that is, you seek that the situation be resolved in a way that is best for you and the other person, without hurting either of you in any way.
 - **DON'T LET THE OPINIONS OF OTHERS STIR UP YOUR REACTIONS** to a person, situation or condition. Know that in the calm of GOD's PEACE within you, the solution, which is the new direction or action that you should take, already exists within you.
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Affirmations for Establishing and Maintaining Reaction Control

- Give yourself these affirmations daily while in a state of meditation. Also, write them down on index cards to carry with you, and repeat them meditatively during breaks in your schedule.
 - ◆ *"The Presence of God reacts to every condition in my life."*
 - ◆ *"The Presence of God within me reacts in communications with others."*
 - ◆ *"The Peace of God within me reacts to hostility and confusion."*
 - ◆ *"The Wisdom of God within me reacts to any question requiring a solution in my mind."*
 - ◆ *"The Healing Presence of God within me reacts to any and all physical conditions in my body and corrects them immediately."*

- ♦ *“The Presence of God’s Love within me reacts to any personal love situation in my life.”*
 - ♦ *“The Creativeness of God’s Presence within me reacts to all financial conditions in my life.”*
 - ♦ *“The Primal Energy of God’s Presence within me reacts to regenerating energy of the body.”*
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