



# Transcending the Background Negativity

Practice the following 4 steps, **a thousand times**:

- 1. Be aware of negative, stressful thoughts and feelings happening in you.**  
Often, negativity begins in very subtle ways, such as a complaint that produces a slight wave of anxiety or depression we fail to notice until it has saturated our mood. We don't understand it as the very stuff that is producing a background mental state of stress and unhappiness. Start noticing every aspect of it, without making judgments or trying to change it. Simply notice it
- 2. Understand that these feelings and thoughts are *in you, not in reality*.**  
These upsets are not coming from the external world. Emotions are not facts. They are reactions to facts. It is not people or events causing your distress. It is your own thoughts, feelings, and attitude about people and events triggering your upset. If you don't believe the negative thought it won't turn into stress and cause you to suffer.
- 3. Don't see these thoughts and feelings as an essential part of you; but rather as *things that come and go*.** Even though these negative thoughts and feelings are in you, they are not you. They are things that come and go like clouds. You are the vast sky they travel through.
- 4. When you change, everything changes.** The last step tends to happen on its own, as you begin to understand how thoughts, feelings and attitudes determine what we see and experience in the world. As these change, the world you see and experience changes.

After a while, you don't have to make any effort. As the illusions that perceive a threatening world begin to crumble, you begin to know real happiness. You begin to know what it is to live without fear and the stress it causes.

