

WERE YOU TRIGGERED HERE — WORK YOUR REACTIVITY (QDO36)

◀ Quick Drops ✧ 📺 Video ▶ 🎵 Audio ▶

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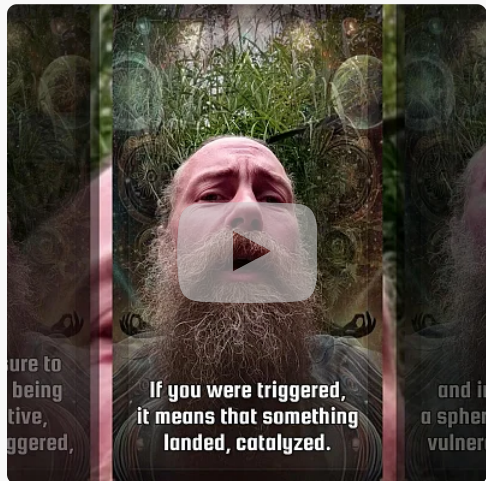
MP4 📹

OGG 🎵

Words: 641 ✧ **Length:** 02:59 min

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Triggered by what I said?
How excellent then. We
cracked open a window
into an aspect of you.
Surfaced a reactive sphere
from your interiors.
Something you can
examine — and work to
reconcile.



What lands here into the general space is as-is. Not tuned for
your context, comforts, conditions. What you find here, apply

with wisdom and precision. I'm not the magic builder of your living constructs.

If I write to you in person, it's more specific to you. When we talk face-to-face, I tune with the whole of you. In the wide open fields, any damn pattern storm may cross. I can't conceivably pad everything with a million pillows.

If you can handle catalysis – zone in and stir yourself. If it's too upsetting for your complex – then please don't. There are smoother and more considerate channels out there. Here we deconstruct and reconstruct the fabric of awareness.

*#QuickDrops #Triggered #Reactivity #Catalysis #Tuning
#Deconstruction #Reconstruction #SelfAwareness
#AnandaICU*

Did I trigger you? Well oh dear. I hope you didn't go jump off a bridge too high – and if you did, I hope you had a soft landing.

If you were triggered, it means that something landed, catalyzed. You gained exposure to an aspect of your being that is still reactive, that can still be triggered, and in there you found a sphere of weakness and

vulnerability in your life. That is the mission here – not the catering to all of your comforts.

What I share here in the general space cannot possibly be curated and configured for your specific sensitivities, your traumas, your trigger points, your cognitive biases, your conditioning. There isn't a single sentence, not a single word that could be put out there into the general space without expecting that someone will be upset by it.

What I may write to you in person, for those of you who are yet to meet me, that will be more tuned into your specific situation. As far as I know where you are, as far as you have disclosed yourself transparently.

And where we meet face to face, it will be still better tuned when I can read your tones, where I can read your body language. Where I get a fuller picture of who you are, where you come from, what your conditionings are, and where your resolutions may be – what the path forward is. That will be more tuned, but what's in the general space, it is what it is. Take it for what it is.

Allow yourself to be catalyzed if you expose yourself to any of it – and if it bothers you, if you cannot handle it,

then by all means do not watch. And if you do, then apply wisely. Understand that it is not specifically for you into your particular context.

You yourself are the one who has to look at where should this land – where in my life, where in my consciousness is this relevant and appropriate. Do not try to use the roof sheeting for your foundation, and then complain that it is shaky. Do not install windows into your kitchen sink, and then complain that it's flooding.

What I dish out here, into the open space, it is what it is – and you make of it what you will. If you're happy, then great. If you're upset, then great. Find your fields of reactivity, then enter them as a matter of increasing your self-awareness.

Churn them for a path that you yourself, on your own, may take into your future, into your evolution, into the fullness of your being, into the reconciliation of your troubles. I do not magically help you solve all of your problems. If anything I stir them to the surface, so that you get a high definition picture of what you're made of. That's all there is to it.

 <https://ananda.icu/talks/quick-drops/qd036-were-you-triggered-here-work-your-reactivity>