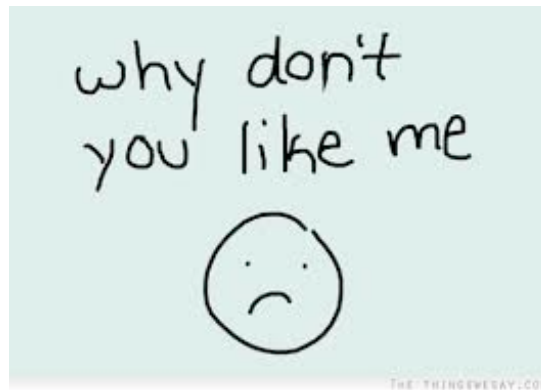


## The Trigger Teachings

Vince Roger

1: A trigger is anything another person says or does, or a material circumstance, that causes an emotional response in us.



2: The trigger is only an Issue – NOT the problem. The trigger is like a giant finger pointing to a deeper false belief and the pain of believing that the false belief is true.



3: A trigger is a gift from God.



4: A trigger is always a clue that our state of consciousness has shifted toward the illusion.



5: A trigger that happens over and over in different situations is pointing to an area where our heart is closed.

