



SUNDAY, JUNE 14, 2020

3 Words to Help Reveal and Release You From Any Fear

Key Lesson: Our true nature can no more be threatened, let alone diminished by any event in time than can the timeless light of our sun be darkened, or overwhelmed by one of its own beams.

Talk Takeaways

- There's nothing that we are ever going to feel that isn't already a part of our heart.
- "The antidote is in the venom." ~ Rumi. The very thing coursing through us that we don't want is actually an essential part of the healing.
- Everything grows from the inside-out, from the invisible to the visible. Everything heals from the inside-out.
- Everything is either growing from the inside-out or is dying from the outside-in.
- The pain that we suffer from - that we don't understand - is what happens when we don't grow spiritually.
- We're trying to control the world from the outside-in, which is completely backwards and upside-down. We must make the reversal that is spoken of in all true scriptures.
- The soul is either enlarging its capacity to relate to all things, or it is shutting itself off and dying.

- We can hone our skills in life and create a physical life that we want, but those things do not answer the pervasive feeling of dissatisfaction. In fact, the very thing that we thought we had to do to achieve freedom turns into a prison. We have been complicit in our own captivity.
- The patterns that we have agreed to enter into are hiding the pain that produced the patterns in the first place. A vicious circle.
- Spiritual truths threaten what is untrue. We have to be on the right side, which is agreeing to see truth as it reveals itself.
- Events set off something that is disturbed, but we don't know that the thing that is disturbed is already in us before the event sets it off. What is disturbed wants to restore balance the moment that it is disturbed.
- In the moment that we think we know what the disturbance is and how to reconcile it, there is separation, and there is no "me" that is making any of these decisions.
- The mind is disturbed by its own activity.
- The fear of loss is the loss of a false sense of self that keeps its imagined life in place by mechanically fearing what it imagines will happen to it if it does not deal with what has threatened it.
- There is no escaping fear by wanting to escape it. Wanting to escape is fear's solution, and therefore its continuation.
- Who and what we really are has no end at all and can't be threatened.
- "And then what?" are the three words to remember the next time you are about to fix the world or another person. Because the only thing we get when we try to fix the world yet again, or try to escape yet again, is another thing to fix or escape... and the pattern happens again and again.

- The consciousness that produces the disturbance cannot see that it can't bring an end to itself through its own suggestions.
- By daring to ask "And then what?" you are allowing for a separation between you and the consciousness that compulsively tries to reconcile every moment of disturbance.
- The nature that wants to fit in or comply with any condition whatsoever is in a prison.
- There is a level of consciousness that creates conditions that it has to control so that it can feel like it is in control.
- The fear of nothingness, of being nothing, comes from a consciousness that has to imagine what nothingness is, which means that it is imagining something.
- Judging yourself proves to that nature that it is different from the thing that it is judging.
- The very wanting to be at peace is a disturbance. Anything that says, "You'll be at peace when..." is actually a threat.