



WEDNESDAY, JULY 1, 2020

Let Go of These 4 False Beliefs and Be Free!

Key Lesson: Most of our fears are based in a false belief that life can throw something at us greater than our ability to rise above it, or whatever frightens us about it. But this mistaken perception is as false as are the limitations it imposes on us. Our True Self never fears unforeseen changes in life any more than the sun trembles before the appearance of a shadow cast by its own light.

Talk Takeaways

- When you believe in things that you think you understand, but you don't, then you suffer. We all believe we understand the reason why we suffer.
- Everything that life brings to us holds the possibility for us to be changed by the revelation of ourselves in that moment.
- There is no false belief without a false responsibility that comes with it.
- We often believe that we are only as worthwhile as others see us as being.
- When we have an image of anything at all, there is a part of us that believes in the image in order to cement the identity we believe we are tied to.
- We believe in our own beliefs, when really they are not our own beliefs.

- A consciousness that is asleep relies upon images to establish a sense of self.
- Belief is a secret form of codependency.
- You can't have integrity and want others to like you.
- Four false beliefs and the false responsibilities that come with them:
 1. False belief: Unwanted moments should be avoided at all costs.
 False responsibility: We feel that we must control everything and everyone that disturbs our peace.
 Our true responsibility: Learn to welcome those moments as opportunities to awaken to the level of self that believes that something bad will happen if we don't control every event.
 2. False belief: We are responsible for the happiness or unhappiness of others.
 False responsibility: We have to ensure that everyone is happy and no one is ever displeased with us. We don't know who we are.
 Our true responsibility: See that what others want from us is their own responsibility to deal with.
 3. False belief: Our worth as a human being is only as valuable as we believe other people think we are.
 False responsibility: It is therefore our task to ensure that everyone likes and respects us for our success and stature.
 Our true responsibility: To thine own self be true, regardless of what we imagine we will lose.
 4. False belief: We believe that we can change the pain, the shame, the regret of yesterday by revisiting it and reliving it.

False responsibility: Unless we suffer over that painful moment again and feel bad about ourselves, there is no way that tomorrow will be better.

Our true responsibility: Instead of looking for a way out of the pain or shame or regret when we are reminded about our past, start going inward in that moment to see that part of you that wants to relive the past.

- The real responsibility is to see the lie of the false responsibility.
- The part of us that tries to pull us into the past IS the past.
- Another false belief is that we are not supposed to go through any pain nor suffer at any time.
- When a belief is challenged, pay the price of understanding the reaction instead of listening to what the reaction says we must do in order to protect the belief and the self that believes in it.
- Do what is in your power, and refuse to do what is not.
- No one insults another person unless they believe they have to save face.
- My fear that someone won't like me almost guarantees that the other person won't like you.
- We believe that when we feel pain it is our responsibility to reconcile the condition that is blamed as the cause of the pain we feel. The task is to witness the pain itself, instead of listening to what the pained nature says we must do to fix the condition. Then we participate in reality reconciling itself.
- Every moment of our life brings us to this exact moment, and this moment is either the crucible of something new or the continuation of something old.
- The more that we demand respect, the more we push people away.