



SUNDAY, JULY 26, 2020

How to Free Yourself from Any Fear...No Matter What!

Key Lesson: Part 1: There is no greater strength than knowing that everything life brings to you is for you as well. And as this wondrous fact grows clear to you, old enemies either vanish or they're transformed into your allies. Precious energies once wasted in futile self-defense are turned into new powers for further self-exploration.

Part 2: If we refuse to see what life is trying to reveal to us about ourselves, then we can't learn. If we don't uncover the truth of our own nature, then higher self-knowledge becomes impossible. And without awakening this new order of self-knowledge, there is no way to illuminate, let alone eliminate the fears that live in the shadows of a mind that still lives in the dark.

Talk Takeaways

- Special Writing: "Freedom from Fear Starts Here"
https://gfmisc.s3.amazonaws.com/20200726_specialwriting.pdf
- All true spiritual teachings have one theme in common: the need that we all have for a new mind.
- The new mind can see the activity of the old mind. The new mind includes the understanding that the old mind believes in psychological fear as a necessary part of life. The old mind justifies those fears.

- We are cut off from a higher level of being because of a lower level of consciousness that only knows itself through things it believes to be outside of itself, separate from itself.
- The divided mind lives with a ceaseless fear of losing something.
- No part of a chaotic consciousness can bring order to the whole and end the chaos. Everything that is done by the old mind to end the chaos only serves to accelerate the chaos.
- Everything works for the purpose of a greater good and its revelation.
- Beauty and the experience of it is already present in our being. Beauty is in the eye of the beholder.
- Anything that we see as seemingly outside of ourselves is already within us.
- Fear is also in the eye of the beholder. There is no psychological fear other than fear of oneself. It is the fear of what we don't yet know is true about ourselves.
- Dare to be aware of every creature that dwells in the depths of our consciousness. In that awareness, the chaos of that divided consciousness is brought into order.
- Fear must use lies to maintain its authority over the consciousness that is deceived by the lies.
- Any part of us that sees itself as being apart from the world will live in fear of that world acting upon it.
- If you dare to be aware of the fear that comes up in a moment, you will walk out of that moment with more freedom for having discovered something new about that consciousness.
- When you do what you don't want to do, when you don't want to do it, you will discover that the light will never fail to reveal what has been hiding in the dark.

- You can't fail at whatever you attempt because the object is not to win or accomplish something that makes you special, but to discover more about the consciousness that currently has authority over you because you don't presently see it.
- Perfect love casts out fear by revealing the imperfect level of consciousness that only loves itself.
- The more you think, the more you sink. This is not referring to practical thought, but try to see that there is no fear or negativity in practical thought.
- When we are identified with anything, we are asleep.
- Don't try to win. Don't try to be strong. Watch and see.
- The worst that can happen if you walk into a fearful moment is that you'll learn something about the fearful self.
- Awareness of rage, and the reasons it has for being rage-full, is the desolation of the identification with that consciousness.
- Don't try to let go. Instead watch the thing that is clinging.
- You cannot fear the unknown. The so-called "fear of the unknown" is actually the fear produced by the consciousness that believes it knows and then fears its own images and conclusions.
- In the end, all fear is the fear of death, but the death that unaware consciousness fears is imagined.