



SUNDAY, SEPTEMBER 6, 2020

## The Unimaginable Secret of Self-Liberation

Key Lesson: Whenever we are taken over by a negative state - and remain identified with our resistance to it - we may not know it, but in these moments...we are as good as "dead." Yes, it feels like we're alive, but this powerful sense of self is really just the presence of our (own) painful resistance to what that moment came to reveal to us about our present level of self.

### Talk Takeaways

- Special Writing: "Welcome the Light Without Fear"  
[https://gfmisc.s3.amazonaws.com/20200906\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20200906_specialwriting.pdf)
- At a certain point along the path, a person begins to see that they have been caught in a circle of reacting to conditions.
- All true spiritual teachings point out that we are not a single person; we are made up of a legion of temporary identities. A good portrayal of this condition is the classic Robert Louis Stevenson book, "Dr. Jekyll and Mr. Hyde."
- It is impossible to find genuine peace as long as we are caught up with this legion of identities. One reason this is true is that each identity doesn't know anything about the other. None of these identities is our true nature... Real 'I'... who and what we really are.

- The self that judges will never change the self it judges. It's a divided level of consciousness that cannot know the peace of wholeness through its own reactions.
- We are living from a level of consciousness that does not know that its various identities are derived from passing conditions. That level of consciousness (and its accompanying actions and reactions) have to be consciously surrendered.
- The medicine is bitter, but it heals.
- There is no love nor unity in the level of consciousness that is set against itself and resists what life brings.
- Light does not judge what it sees; it reveals and heals.
- The very dream of a way to be at peace turns out to be a nightmare when conditions change.
- Self-acceptance is the same as self-realization. And there can be no peace without self-acceptance.
- The vast majority of people are fearful believers in things they don't understand.
- The truth that sets us free is one and the same as a Divine light that acts to reveal what we've yet to realize as being true about us.
- The Living Light has no fear... neither for what it shows us as true, nor for how we may respond to such revelations.
- We must allow the Light to do what it's created to do: not just to dispel the darkness, but to awaken, and re-awaken all that sleeps and dreams troubled dreams within it.
- Self-acceptance is one and the same as self-honesty; and self-honesty is the root of humility.
- When we are honest we see the divided consciousness, as opposed to becoming its unwitting instrument.

- Helplessness does not mean hopelessness. To be helpless means to realize that you cannot save yourself. That consciousness that hurts itself can only be healed by higher awareness (not by thinking).
- Everything that we need to understand ourselves will not be given to us by thought. We wrongly search for explanations when we should be seeking illumination.
- Be honest. Honesty has no time in it, so there is no timetable and nothing to achieve as the mind dreams of those things. There is only discovery of what already is. "It is done."
- Resistance amplifies whatever is being resisted.
- Real prayers begin when we begin to see the real truth about ourselves.
- Honesty has no thought in it. Honesty is pure observation, pure witnessing.