



WEDNESDAY, SEPTEMBER 9, 2020

How to Exchange Anxiety and Fear for Endless Freedom

Key Lesson: The strength of my enemy is no greater than the fear of my weakness.

Talk Takeaways

- We have been betrayed by our own ideas about what strength is. Real strength is not full of conflict and is not full of fear.
- In order for there to be a new strength, there must also be a new understanding of ourselves.
- No follower is free. Any sense of freedom based on an exterior condition eventually turns into a source of fear and anxiety.
- There is never anything practical about punishing yourself over anything.
- In moments of fear and anxiety, we feel as though we are under attack. But the source of the fear is the consciousness that is blaming exterior conditions for its problems.
- Whatever the nature of psychological fear is, that fear has no value at all, save for what we can learn about it.
- We give our attention to what we value.
- "There is no fear in love, but perfect love casteth out fear, because fear hath torment. He that fears has not perfect love."
- "Love is not consolation. It is light." -- Simone Weil

- There is no psychological fear without negative imagination.
- The torment that is in fear is self-inflicted, but it only exists because we don't understand the consciousness that is afraid of itself.
- There is nothing in creation that is fixed. Everything is always changing. Fear exists because there is a part of consciousness that holds onto a fixed idea about itself, which subsequently produces an identity that it feels it needs to protect.
- Whenever fear appears, we can be conscious of that level of consciousness, rather than unconscious to fear's demands. Be present to that consciousness; be in the light that reveals the fear for what it is.
- When we don't know why we are in pain, fear is always willing to tell us everything about it. The revelation of fear talking to us is the beginning of the end of fear's false power over us.
- Can something that is authentically made new every moment ever lose anything? The only thing that believes it can lose something is a consciousness that lives in imagination, outside of the new moment.
- Judgment is always an act of fear.
- There is no such thing as immunity to fear; that is something that the fear itself imagines. Either we use the moment of fear when it appears to understand something of the nature of our consciousness, or the fear uses us.
- We don't need to be the one who knows; we need to be the one who sees. The rub is that being the one who sees does not come with an identity. Being the one who knows comes with a sense of self that feels strong, but is really afraid of anything that doesn't confirm its identity.