



WEDNESDAY, OCTOBER 7, 2020

Wake Up and Walk Out of the World of Worry

Key Lesson: The only thing that worrying does is waste the time and energy we need to shed light on a painful sense of self that exists only for as long as it has something to worry over.

Talk Takeaways

- Worry is not only a lie, but it also steals our life.
- Life is always creating and revealing at the same time. The very unfolding of creation causes a revelation in us; they are a singularity.
- We are always in a new relationship with the moment, but we are not aware of that relationship.
- Our tendency is feel as if we are under attack when we feel pain in any unwanted moment. This is where worry comes in and begins talking to us, asking questions like, "What should I do?"
- The world outside of ourselves is not the source of worry.
- "What is" never worries because it is always new; what is new cannot be compared to anything from the past.
- We worry because something in us is convinced about how life is supposed to unfold. When anyone or anything challenges any of those images of what should happen, worry steps in and negatively projects what it believes might happen.

- We can't be in a worried state without being threatened at the same time. The threat is that we are going to lose something valuable if life runs counter to the certainty about how the moment should be.
- A complete moment is one in which there is revelation, and revelation leads to liberation from the level of consciousness that worries about the future.
- What we ought to convey to other people is peace of mind, not because we are teaching others based on something that we know, but because we see the conflict-filled images that our own mind has created, and we understand that worried thoughts based on those images are lies.
- The more we try to control what we worry about, the more we are controlled by that consciousness.
- There is no such thing as worry without a threat behind it. Worry is connected to the protection of the images that we have of ourselves. Worry seems to confirm the validity of the sense of self that feels threatened by the unwanted moment.
- We are almost always afraid of any moment that does not confirm what we want.
- Stop thinking about unwanted moments and start seeing yourself in them. We can't stop thought by force; seeing is what puts thought in its proper place.
- Use the appearance of worry to see more about its character and qualities. It is the revelation of the truth about worry that gradually dissolves our identification with it, which is the beginning of the end of its authority over us.
- The true purpose of prayer is to reconnect. Prayer is not about changing the world that we see. Real prayer is to change our relationship with the part of us that sees the world the way that it does.

- There is no "how to" that will magically make worry disappear. SEEING is the action that separates us from that consciousness.
- Worrying is the continuation of the past.
- To answer in any way the threat that is implied by worried thoughts is the continuation of the consciousness that uses worry to maintain its authority.
- We will never solve the problem of worry until we see the fact that there is a part us that loves the feeling of worry so that it can continue as it has been.
- Don't think about the way you feel; SEE the way you feel, and leave it at that. Allow the light do the work it is longing to do for you.
- Our ultimate duty is to be honest.
- On the journey of self discovery we never discover something that was not already there before we started the journey. Everything that your heart longs for already exists.
- We have been given the gift of being able to learn about our consciousness through awareness of the consciousness (not through thinking). Seeing is an action of a completely different order.