



SUNDAY, OCTOBER 25, 2020

## **Breaking the Chains of All False Beliefs**

Key Lesson: The strength of any painful resentment we feel toward others has nothing to do with any troubling character we may judge in them; rather (it is) born of an unseen weakness in us that believes others have the power to either give - or take - something from us that we need to be at peace with ourselves.

### **Talk Takeaways**

- No worldly pursuit can bring an end to the sense of being incomplete.
- We believe that unwanted moments should be avoided at all costs. It is a false belief because meeting unwanted moments reveals to us something that we brought into the moment that could not have exposed in any other way.
- A false belief is that we are only as valuable as others think we are.
- Two deeply ingrained false beliefs are that we should be other than we are, and that we know exactly how each moment is supposed to unfold.
- Beliefs are not the path to liberation; they block it. Beliefs are not the Way; they are in the way.

- Real faith is not the same as belief. Real faith is the ability to see that "as above, so below," that celestial laws govern everything that unfolds, that the inner determines the outer.
- Anything that challenges a belief that we cling to also challenges a sense of self that is connected to that belief. We worship not just the beliefs that we have, but also the image of ourselves as the one who believes so strongly.
- All beliefs are connected to a strong sensation, a strong sense of self. The deeper the belief, the stronger and the more familiar is the sensation.
- We cannot feel negative without resisting a moment that seems to threaten something that we want. Our sense of self is vested in the belief that the moment must unfold as we have imagined.
- Negative reactions tell us what we see. When we can't see the reaction itself, we are inevitably by default ruled by whatever the reaction says.
- The world is the way that it is because of blind belief. We walk through the world believing that we know what light is, but it is the darkness that calls itself the light.
- Any fearful reaction to an unwanted moment is connected to a belief that we are not aware that we carry around.
- Reactions keep us from being in a level of awareness that reveals to us what is in the way.
- Allow your reactions to be revealed by the light so that you can see that your reactions are often the source of pain.
- Fear is born out of a level of consciousness that believes it must have what it must so that it never feels that fear again.

- Pain promises relief if you do what pain points to. That is the creation of a circle of self that always leads back to the point where pain tries to seek relief again.
- There is no such thing as a bad fact about yourself. To reject a fact about yourself is to avoid the light.
- Any strong sense of self always tries to make sure that nothing interferes with it. That sense of self knows who it is by who it is against.
- Who and what we are is not an accumulation of possessions over time. Spiritual life is not a process of expanding knowledge or experience; it is about revealing the falseness of the belief that we need to become someone special.