



SUNDAY, NOVEMBER 22, 2020

5 Words of Power to Free You from the Bullies in Your Life

Key Lesson: Only by daring to see the truth of ourselves in challenging moments will we ever see, and then be set free by the revelations that await us there. For instance, the "weight" of any relationship that seems to overpower us is inseparable from our resistance to what it brings up in us. This means the only power any "bully" holds over us is inseparable from the fear of some negative consequence that we first imagined into existence...and then submit ourselves to the suffering inherent in trying to escape a dark dream of our own making!

Talk Takeaways

- We're anxious, worried and fearful because we live with an interior bully that we know nothing about.
- We have to prove to ourselves what our intuition already tell us, which is that we are not here on earth to hoard as many possessions as possible so that we can live free from disturbances forever.
- The acronym MOIB stands for "My Own Inner Bully." What are the things that are inside of us that this inner bully blames on something outside of us?
- We get anxious and worried, ostensibly, because we feel the need to do everything perfectly so that we don't have to be anxious and worried anymore. This is a lie that the inner bully whispers in our ear.

- When the inner bully is in pain it has to find something else to push around, something that it blames for its pain.
- We strengthen the inner bully anytime we try to avoid the bully.
- The inner bully predicts what will happen in the future and then resists its own prediction.
- We avoid the pain produced by the inner bully when we agree with the bully's judgment of other people as being the cause of its pain.
- Anything in life that does not seem to confirm our identity is perceived as a threat, and the inner bully commands that we do something about the threat.
- We would never bully another person unless we were first bullied ourselves by the inner bully, which is the consciousness that can and will blame everything other than itself for its suffering.
- We distract ourselves with anything in order to avoid the feeling of emptiness because the inner bully tells us that there is something to be feared in the emptiness.
- The feeling of "I can't take this anymore" happens when an image of ourselves -- of how life ought to unfold -- runs up against an event that doesn't confirm the image.
- Real peace cannot be realized through the seeking of peace by a nature that is in conflict. The opposite of conflict is a temporary peace at best.
- The more we avoid seeing the inner bully, the more that the inner bully has power over us.
- Fearing the inner bully is what gives life to the bully. The inner bully is a coward that cannot take responsibility for its own pain.
- We have to consciously die to the bullying consciousness that wants to live through deceiving us into agreeing with its demands.

- Suffering can be used, through revelation, to discontinue our complicity with suffering.
- The inner bully believes that it needs to meet the future moment that it is predicting with a plan.
- No one has less power than someone who is afraid of someone challenging their image of power.
- Addictions begin with an inner bully promising the end of pain if you do what it says. But anything that this bully is saying is actually a threat, no matter how nice its promise may seem.
- Anyone who struggles to maintain an appearance, psychologically and/or physically, is having the life drained from them by an inner bully that commands and lashes them nonstop, telling them that something bad will happen if the appearance is not maintained.