



SUNDAY, DECEMBER 6, 2020

## **Transforming Fear of Yourself into Freedom from Yourself**

Key Lesson: Identifying with some negative reaction to the appearance of any undesirable character revealed within us...amounts to a kind of self-induced exile from the Kingdom of Heaven by reason of self-ignorance.

### **Talk Takeaways**

- Special Writing: Wake Up From the Dark Dream Called “Fear”  
[https://gfmisc.s3.amazonaws.com/20201206\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20201206_specialwriting.pdf)
- There is no such thing as psychological fear without some kind of unconscious desire. And fear gives rise to conflict and corruption.
- Investing in any image of ourselves produces fear.
- The only way to get out of the fearful circle of self is to see that it is a circle.
- We waste time and energy trying to get other people to see us the way that we want to be seen. Think about how much time is spent cultivating appearances.
- The only thing we are a prisoner of is the wheel of reincarnation: a creation of unconscious identification with a level of consciousness that first imagines, and then evolves the idea of freedom in a time to come.

- Presently the idea of being free is connected to the idea of becoming something in a time to come. There is no freedom in a time to come. Instead of the idea of "freedom," think of the idea of being "complete."
- Conditions are not to blame for the content of our consciousness. Conditions, good or bad, are there to reveal the content of our consciousness. We don't want certain conditions to come about because that part of us is afraid of its own reaction to the condition.
- Our capacity to avoid seeing things about ourselves is not the same as freedom from the things we don't want to see.
- It is the belief in possessions and powers that is the source of fear.
- Everything we do to be free of fear ensures its continuation.
- The original meaning of "repent" is to "turn around" in a new direction.
- We have come to believe that we are not supposed to be a certain way because of the image of what it means to be a "good" person. Being a good person according to an image is not the same as seeing what we are. Genuine reconciliation takes place with the revelation of the content of our consciousness.
- We live from a level of consciousness that has become so divided that it cannot tell the difference between an image and what we are in reality.
- Turn your attention around in the moment of an urgent, fearful reaction and bring that fear into your awareness of it. Do nothing with the fear except witness it.
- There is no such thing as a bad fact about yourself.
- Fear never clears anything up; it clouds everything up.
- Notice the mind mechanically talking to itself about what you have seen about yourself. Just notice it. The work always begins with

observing yourself. This observation will reveal what happens to you when the mind talks to itself, and as a result you will be more willing to drop the interior dialog.

- We believe that fear is a power because fear suggests powers to us. The only thing that looks for power is fear.