



SUNDAY, JANUARY 10, 2021

## How to Throw a Wrench into the “Gears of Fear”

Key Lesson: Hoping to end the fear that accompanies us in so many of the unwanted moments in our life without first realizing the unconscious "machinery" that creates it is worse than useless; it's like blaming the path we're on for the pain we feel while walking it...when the truth is there's a stone in our shoe!

### Talk Takeaways

- Special Writing: "See Through the Illusion of Fear and Be Set Free"  
[https://gfmisc.s3.amazonaws.com/20210110\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20210110_specialwriting.pdf)
- All judgment is born out of fear. There is no judgment until someone is first afraid of something.
- Fear is the source of hatred and conflict between human beings.
- There is no form of self-destruction without there being fear behind it.
- As long as we remain spiritually asleep we are a machine that is complicit in the harm being done to the world.
- No psychological fear exists apart from the false self that needs things to fear in order to make itself feel real.
- The more we think about fear, and how to escape it, the more identified we become with it.

- If fear knew how to find freedom from fear, then it would have done so by now.
- There is just one true thing that we need about fear: it is painful. The pain of any fear is real, but the reasons for the presence of the fear are all lies.
- There is no real life as long as we are afraid.
- The pain is not in the condition that is blamed for the fear. In reality the pain is in the level of consciousness that feels threatened and resists the condition.
- The experience of an unwanted event is really us experiencing the level of consciousness that doesn't want the event.
- It is possible to use the pain of a fearful reaction instead of serving the reaction.
- Physical pain is the body calling attention to an area of the body that is disturbed, imbalanced, so that the injury can be attended to by another order of intelligence that can organize the healing.
- When something outside of us is blamed for the pain we feel, we are at that moment disconnected from the intelligence that can heal the pain.
- The more we listen to the consciousness that tells us what to do about the fear it feels, the more we help create the very conditions that are feared. These are the gears of fear that grind us down.
- We do not know where the pain of fear comes from, although we think we do, which is why the fear continues without end. We usually only think we know what we are afraid of, but are not aware of the pain of fear.
- "The fear of man lays a snare, but whoever trusts in the Lord is safe." The wrench that is thrown into the gears of fear is the awareness of the fear, which allows higher intelligence do its work.

- Be consciously aware of the pain of fear, instead of aware only of what the fear points to. See the futility of trying to deliver yourself from fear.
- The real struggle that exercises the soul is the gradual awakening to all the ways that we have been compromising ourselves without knowing it. The false struggle is to look outside of yourself and find reasons why you are in pain.
- Rebirth doesn't mean a better you. Rebirth means the gradual disappearance of what you have taken yourself to be.
- There is no psychological fear apart from a threat to our identity.
- There is no psychological pain without negative imagination.
- When there is intense pain of being alone you are in the company of something that doesn't want to feel that way.
- The entire concept of "progress" along the spiritual path is a source of pain because the idea of progress can only be conjured up through comparison in imagination.
- Get tired of the pain of fear by seeing how fear always promises the end of itself but never arrives there.