



WEDNESDAY, MARCH 31, 2021

## **Transform Painful Anxiety into Perfect Self-Command**

Key Lesson: Part 1: All forms of anxious rushing through life are the painful effect of an impossible task: trying, in vain, to complete ourselves...by serving an incomplete, compulsive nature that always has one more task to get through before it can rest in its imagined place of peace.

Part 2: There is a momentary peace; (it is) the pleasurable, but all too-fleeting experience of a conditioned mind when the world it has imagined lines up, temporarily, with all it has hoped for; and then there is the Abiding Peace of a mind awakened to itself, one that – having thrown off the yoke of its painful conditioning – is not just at peace with itself... It is Peace itself.

### **Talk Takeaways**

- The root of the loss of freedom is in the consciousness that arrogantly tries to create freedom according to its idea of what freedom is.
- We rush through life to get to where and what we already are, which is already whole.
- Negative reactions are the dark effect of misunderstanding who we are.
- We're never where we are, doing what we're doing because we are always on the way to a better time to come where we imagine there is peace, freedom, rest.

- As long as we are moved out of awareness of ourselves, we will never find the peace that is promised by the consciousness that is moving us.
- If we want to be free of anxiety, we are going to have to understand who we really are, and that understanding is not in thought.
- Your true self is already complete.
- Our mind is so disconnected from life that it doesn't even know what it does to our body.
- Not one of us can be anything more than we are given in the moment to be.
- The promised time to come that we rush to does not exist apart from an image that we have identified with.
- Creation is a manifestation that is always being completed in time, and yet it is all timelessly complete. It is done, but we're not present to the complete revelation because we think there is something we have to do to complete the moment.
- Human beings are called upon to be present as an integral part of completing the moment as it is intended.
- Most people are so accustomed to being anxious and worried that they don't know they are living out those states.
- The whole of your work is about doing and being what you are, because in being what you are you are given everything you will ever need to be whole, complete, kind, decent, and patient.
- Wait in the moment where you are, with what you are, and watch so that you can be shown another order of peace in which you already have everything that you need. Then you are part of the completion of creation, and there is no anxiety in that state.
- We are meant to fulfill a specific purpose, which is to be part of a creation that is always being revealed and is already complete.
- Peace cannot be stolen. Only false, contrived, temporary, imagined peace can be taken away.