



WEDNESDAY, JUNE 9, 2021

Find the Freedom that Has No Name

Key Lesson: There can be no end to what we fear, only an end to fear itself.

Special Writing: "Balance"

https://gfmisc.s3.amazonaws.com/20210609_specialwriting_balance.pdf

Special Writing: "Detect and Agree to Die to These Four Fears"

https://gfmisc.s3.amazonaws.com/20210609_specialwriting_fourfears.pdf

Talk Takeaways

- There is no freedom without understanding the root of fear.
- We cannot have a problem that is not connected to the fear of losing something. Inherent in any anxiety-inducing problem is an unseen threat.
- Anything that threatens what we depend upon for our identity is perceived as an enemy.
- Fear is always trying to save itself from perishing. But listening to what fear tells us we must do in order to save ourselves IS what is stealing our life.
- We see death as the end of something, and the death of anything that we are identified with also means the death of ourselves according to that level of consciousness.
- In dying to fear we also die to the fear of death.

- The consciousness that is the father of fear masquerades as the father of freedom.
- Everything that is born comes out of everything that dies. Nothing lives that doesn't die for the sake of everything that will rise again from it. Before we can be someone new, then something old must die.
- There is a fearful nature in us that knows exactly what buttons to push in order to punish us.
- The source of fear cannot be separated from the false sense of self that serves it.
- The mind resists the images that the very same mind makes.
- Psychological fear knows the more it can get you to dwell on some conflict in the past, the more fearful you'll be of similar situations in the present moment.
- Psychological fear never protects anything other than its own interests.
- Psychological fear knows the more it can convince you of how painful it is to "lose face," the more guarded you will become, trusting fear to protect you.
- Psychological fear doesn't exist without some form of unconscious comparison that's always followed by some form of an equally unconscious self-judgment.
- The work is about awakening another, higher order of consciousness that is already a part of you.