



WEDNESDAY, AUGUST 11, 2021

See Through the Fear of Limitation And Set Yourself Free

Key Lesson: Part 1: Until we can be aware of - present to - the fact that the Light of the Divine never leaves us - even should we find ourselves full of darkness - we can never really understand the appearance and the purpose of any fearful negative state, let alone how it's possible to die to it...and to the "fearful self," as well.

Part 2: There is no possibility of freeing ourselves from whatever we fear without realizing that its power over us is rooted in the following false belief: not only are we supposed to know - in advance - everything that's about to happen to us, but that whatever does unfold must never challenge anything about our life...as we've imagined it!

Talk Takeaways

- We have become accustomed to caving in at the onset of anything that seems to threaten us, believing fear's interpretation of the moment.
- Who you really are is not separate from the meaning of the moment, and therefore never needs to ask, "What does this moment mean for me?"
- All forms of psychological fear are useless suffering.
- Why is it that fearful, worried, and anxious thoughts and feelings always seem wise to us? Obviously, the wise thing to do in the moment that fear

appears would be to ask, "Where is the wisdom in asking fear to be my guide?"

- Asking fear to be our guide is the same as turning ourselves over to the god of useless suffering.
- Fearful thoughts and feelings always appear to save us from fear.
- The real "pandemic" is called fear, and it's not "your" fear. Fear is the dark body of a psychological world that has been resisting life for all time. However, the presence of fear can be repurposed to realize freedom from fear.
- The mind always wants to find something to blame for its fear. The mind always has a good reason why it needs to avoid the dark corners of itself, preferring instead to live in the "dread zone."
- The "dread zone" is made up of thoughts and feelings that are fed to you by fear.
- Anything that thinks you cannot make a mistake IS the mistake.
- Indecisiveness is the fear of consequences.
- No one who complains about their life changes their life.
- There is no arrogance without fear.
- Ask yourself in the moment of the feeling of fear: "Am I dread or alive?" Any time you are in thought, you are in the "dread zone."
- Seeing the truth of your situation provides the instruction for the correct response.
- We were told what is valuable by people who lived in fear of losing what they had.