



SUNDAY, AUGUST 15, 2021

Learn to Release Anxiety and Self-Doubt and Realize Your True Self

Key Lesson: Part 1: A rose doesn't "try" to be beautiful; it never struggles to win one's attention, or to prove its value. Any part of us -- pressing on us to try and make a favorable impression - of any kind, upon anyone for any reason - is a form of useless suffering born of trying to escape the fear of being seen as "no one."

Part 2: The less we try and draw attention to ourselves, the fewer times we'll face the fear of having to go back on stage...where we have to re-enact another contrived "command" performance.

Special Writing: "The Seven Ages of Man" by Shakespeare

https://gfmisc.s3.amazonaws.com/20210815_specialwriting.pdf

YouTube Video: "The Seven Ages of Man" by Shakespeare

<https://www.youtube.com/watch?v=rOHhUUWeKN8>

Talk Takeaways

- We are awash in a world of resistance which isn't just global in its formation, but finds in us a willing instrument.
- It doesn't matter what this world does because this is not your world.

- We all suffer from SFS and FOPPS, which stand for "Stage Fright Syndrome" and "Fear Of Poor Performance Syndrome." The symptoms of these syndromes are anxiety, worry and self-doubt. We suffer from these whenever we feel compelled to take on a role.
- Every identity that washes over you is a role that you feel compelled to play on a stage with the spotlight on you. This is useless suffering.
- Any actor without a role to play does not know who he or she is. Who are we without a role to play?
- We don't want to encounter anything unexpected because we don't know who we are in those moments.
- If you need conditions to confirm your identity, then that proves that your identity is a mechanical role.
- You cannot be present to the role you are playing if you are identified with it.
- If you can see the role that you are playing, then you will see the anxiety behind it, as well as the useless suffering.
- As you unconsciously shift roles, there's a gap between the role that is going out and the role that is coming in. We must be awake in these moments to see the changing of roles and not accept it.
- All roles are forms of unconscious compensation, where I act out what I must to compensate for what I am not.
- Life is disturbance. Without understanding how to use the disturbances, you are in the useless suffering of trying to escape your nature.
- Exercise: Catch yourself in the act, and the moment you start to act out a familiar role, start seeing that the act is part of a very limited set of acts. The thought that calls up the role is inseparable from the role being called up. When you find yourself in one of these roles, walk off the stage.
- We only fawn towards others when we want something from them.

- Everyone who is playing a role lives in perpetual fear of being found out.
- Unconscious reactions set the stage for roles.
- Don't look for true self, instead work to be consistently present.
- Love your enemies, because your enemies will always help you to see where you are playing a role.
- Fear belongs to a level of consciousness that either does not know what role to play, or that knows that the role it is playing is false.