



WEDNESDAY, FEBRUARY 9, 2022

## Learn to Say “Yes” to Life and Liberate Yourself

Key Lesson: Seen properly, only self-liberation is possible; this highest form of freedom begins with being completely honest in all of our relationships, but especially as concerns the one we have with ourselves.

### Talk Takeaways

- Healing begins with self-honesty. No honesty, no healing.
- The acronym "INASTY" stands for "Instantaneous Negative Assumption Syndrome Tormenting You."
- Negative assumptions are closely connection to painful self-protection.
- When the mind registers a disturbance, it names the disturbance so that it can know what to do about it.
- Life is disturbance. There is no creation without disturbance. The mind that names the disturbance does not participate in life, in creation.
- We would never consciously make negative assumptions that lead to the avoidance of the natural action of life, choosing instead in favor of unnatural self-protection.
- Making assumptions about how the moment will unfold is a disease. Assumptions create dis-ease, anxiety, stress, worry, fear, etc.

- Thinking about the potential results of our actions prevents us from doing things that we have the impetus to do. There is freedom in action that is not separated from the moment by thinking.
- In the assumption that nothing is going to change, nothing changes.
- An assumption that something bad might happen IS the bad thing that is happening.
- The antidote to Instantaneous Negative Assumption Syndrome Tormenting You is -- when you hear that voice in you saying "No" to the moment -- to deliberately say inwardly, "Yes. I will find out."
- Instead of trying to practice humility, become aware of the bad taste of arrogance in you. Genuine, uncontrived humility naturally follows.
- If you feel afraid and are not aware of the fear, you cannot act wisely nor practically.