



SUNDAY, FEBRUARY 13, 2022

The Truth that Frees You from Any Fearful Thought or Feeling

Key Lesson: Before the Light of the Divine can begin teaching us, revealing within us the healing facts needed to be set free, there's one thing we must see as true...beyond the shadow of any doubt: fear can't learn.

Special Writing: "Step Out of the Invisible Circle of Fear"

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Talk Takeaways

- Whatever you deny in life is secretly the denial of revelation of yourself. Resisting the moment kills the possibility of revelation.
- When you deny/resist something in life, that thing is perceived as being your enemy.
- Fear does not exist apart from the nature that fears it. Fear is a mutually dependent relationship, in that fear cannot exist without a fearful self.

- In order to be free from fear, we are going to have to be honest about things that the fearful nature cannot be honest about.
- Fear gives you the answers, plans, solutions that will finally make the feeling of fear go away. The choices offered to you by fear can only fan the flame of fear.
- No creature is meant to be in captivity because it is unnatural. The creature's nature is to be free.
- Anxiety is the futile attempt to resolve the pain you feel inside through something in the world outside of you.
- Most of our time is spent trying to get rid of fear. But now we know that attempting to get rid of the fear -- protecting ourselves from fear -- is what gives unnatural life to the fear. This is the trick of fear.
- The "feel" is real, but the "why" is a lie. The "fear" is real, but the "why" is a lie.
- We are given the right to choose what will we serve. Will we serve fear's dictates? Or will we serve what reveals the fear?
- The truth brings a person to a place where he or she must face the choice of whether to live in reality, or to continue living in a dream.
- Letting go is the same as awareness of what fear wants you to see. Identification is the same as following fear's suggestions without question.
- Fear tells human beings that they must fight with the moment in order to protect themselves. Fear fears the loss of its imagined kingdom.
- As surely as a lion needs what feeds a lion, a fearful nature needs things to fear.
- The motive to make yourself fearless is given to you by fear so that it can hide behind the wall that is being built to supposedly protect you from fear.

- The wall you are building is an illusion of protection because it is only protecting fear. Let the wall fall. Dare to find out whether or not fear's threats are real.
- There is no end to liberation. There is no end goal at which one stops and sets up a campsite on the genuine spiritual path. The true aim is for a living relationship with life and the giver of life, which is never static and cannot be imagined.
- Become aware of the pain in anything that fear promises.