



SUNDAY, MARCH 20, 2022

## **7 Words to Help Liberate Yourself from Fear, Anger, and Worry**

Key Lesson: You will never agree to spend another moment attending to worried thoughts and feelings once you realize that they don't care about you at all!

Special Writing: "The World of Imagination"

[https://gfmisc.s3.amazonaws.com/20220320\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20220320_specialwriting.pdf)

### **Talk Takeaways**

- In the world of imagination there is no heaven, there is only hell disguised as heaven.
- The only thing that has authority over you is what you look to for a sense of self.
- A machine can never be free because it can only do what it has been originally programmed to do.
- A machine can only work within the confines of its own content.
- Freedom from the machine already exists in the awareness of the machine and its content.

- The imagined freedom that you try to keep in place is the very source of captivity.
- New self-knowledge is the key to walk out of the prison produced by imagination.
- In the story of the turtle and the scorpion, despite what the scorpion said and promised, it could not help but sting the turtle because that was the scorpion's nature.
- Something that you want always comes with something that you do not want. Want and not-want are two sides of the same coin, two wings on the same bird.
- Imagination has its place, but it cannot lead to freedom.
- Freedom cannot be found in the service of wanting or not wanting.
- Say inwardly, "Thanks, but I would rather be free" to any fearful, worried thought that is tempting you to find solutions to psychological disturbances, tempting you to seek freedom in imagination. Then continue to watch the tempter.
- Above the world of imagination is the world that is aware of imagination and can wield it properly.