



WEDNESDAY, APRIL 6, 2022

Freedom from the Prison of Anxious Thought and Feelings

Key Lesson: The ability to explain our fears to ourselves - all the "valid" reasons we have for feeling anxious about "tomorrow" - is not wisdom. Wisdom is the Light by which we see the following truth: there is no experience of psychological fear that doesn't begin without first having imagined a threat to some equally imagined sense of security.

Talk Takeaways

- Real spiritual work is not about taking things, acquiring possessions to add to yourself.
- The fundamental difficulty in authentic spiritual work is that you must see things about yourself that you don't want to believe are true.
- Everything you tell yourself about fear and anxiety is the fear and anxiety telling you what to do so that the fear and anxiety can remain hidden.
- It is not natural to live in fear or with fear. Period.
- Fear tries to protect us from something that it says may happen. Thus, the feeling of fear that we don't like is not the event, but instead is the fear itself.

- Fear is the mind killer, because it reduces limitless possibilities into an effort to free yourself from fear, even as that fear confines you at the same time.
- No image is the reality that is imagined. Fear says that the image is real, and tells us what we should do to protect us from the imagined threat.
- The thing that you experience outside of you does not exist without the consciousness having the experience.
- The fearful image in your mind is thrown up there by the fear itself. The mind that sees this stops being deceived and begins to get quiet.
- There is no such thing as fear later. There is only fear now that calls itself fear later, thus hiding itself.
- You cannot get rid of fear by doing what fear suggests you do to get rid of it.
- When you are aware of the threat and the promise of fear at the same time, then you know the fear is not you.
- Stop answering the door when fear knocks and calls for your attention.
- Ask the question of whether anxiety is helping you or hurting you.
- The denial of fear is not the same thing as the action of love.
- To lay claim to any psychological possession is to live in fear.