



WEDNESDAY, APRIL 27, 2022

## How to Outgrow the Feeling of Being Overwhelmed

**Key Lesson:** As surely as open skies can't be overcome by any cloud that may pass through them, neither can our True Nature be overwhelmed by any "dark" moment of life, regardless the shadow it seems to cast over it.

### Talk Takeaways

- The right place and the right time is always right where you are right now.
- We've never tried NOT trying to fix the unwanted moment that we blame for our pain.
- What is concealed must be revealed in order for it to be healed.
- We express negativity when we don't know what else to do with a seemingly overwhelming moment.
- The more you don't want something, the more that panic ensues to avoid it or get it over with.
- Self-judgment and feeling overwhelmed go hand-in-hand.
- The reaction in a moment of overwhelm is always to get through it or get away from it unscathed.

- Moments of feeling overwhelmed trigger an endless series of thoughts that advise us on what to do about the conditions that are outside of us.
- I can't feel stress and conflict in any moment unless there is a set of opposites active in the moment. There can't be pressure without something pushing against something else.
- There is unconscious resistance because of the massive disparity between what I imagine myself to be and what the world has revealed I actually am. We are overwhelmed by what we do not want to see.
- What we are overwhelmed by is our own conclusion as to the meaning of the moment.
- Anybody that refuses the fact of life, as it is revealed to them, is overwhelmed by not wanting to see what's happening inside of them.
- Conflict happens when we deny the light of revelation that has come to show that the inner always determines the outer.
- The thought of what you need to do to not feel overwhelmed comes to you from the consciousness that feels overwhelmed.
- What need does every sincere seeker have in common? They must stop looking outside of themselves for answers and turn around to look inward.
- We all have a legion of selves that we don't know are there until the condition helps reveal them.
- Stop trying to save yourself. There is no real, permanent, lasting self there that needs to be saved.