



WEDNESDAY, JUNE 8, 2022

## **The Truth that Frees You from Any Troubling Thought or Painful Feeling**

Key Lesson: There's only one way to be free of painful thoughts: you must see that they are not yours; and, of equal importance, no matter how mutual may seem your relationship to them...you are not a part of their family!

### **Talk Takeaways**

- There is an awareness that human beings have access to that transcends everything that moves through it.
- Reactions set thought into motion, but the reaction itself is neither good nor bad. All reactions, in their initial onset, are just the registration of an impression. It has no quality to it. It's just the awareness of a disturbance.
- Just because you are identified with an object does not mean that the thing is yours. And yet, you believe that each thought you identify with is yours.
- While thoughts and feelings have their place in a person's life, they are not intended to be the principle force behind everything that we do.
- You must do the work to investigate whether or not a thought actually knows what it is talking about.
- In an endless loop, thought creates problems that thought then attempts to solve.

- No troubled thought or feeling is part of your family. You have something inside of you that knows your true family. It has no enemies, and never attacks.
- Remember that no relationship with any thought or feeling is personal. It only becomes personal when we identify with the thought or feeling.
- You are not obligated to entertain any thought or feeling that comes to bite you.
- Thoughts use memory and events from your past, which makes them seem personal.
- No matter what any thought or feeling tries to convey to you, you cannot really lose your connection to God.
- Thought is blind, and it is the blind leading the blind when thought tries to solve the problems that thought creates. It is awareness that goes before you to make the crooked places straight.
- Stop looking for true answers to your pains within the very things of this world that produce those pains.
- We have possibilities that are literally as infinite as the universe itself, because we are fashioned after the universe itself; and every character, every quality, every bit of it is available for you and I to become aware of it.