



WEDNESDAY, JULY 6, 2022

The Sure Cure for Painful Stress and Tension

Key Lesson: Part 1: No stress or tension exists outside of the seed of some desire from out of which it grows.

Part 2: Everything is better without tension!

Special Writing: "When Fire Becomes Light"

https://gfmisc.s3.amazonaws.com/20220706_specialwriting.pdf

Talk Takeaways

- It is not in our power to change WHAT we experience. But it is in our power to change WHO is having the experience.
- To understand the nature of your experience in each moment is the beginning of changing who is having the experience.
- Most of us would not even know who we are without having something to be tense about, something to be in conflict over.
- Freedom that is dependent upon conditions playing out according to expectations is not freedom at all.
- We are the captive of any moment that comes along and seems to threaten our so-called freedom.

- You cannot be tense or stressed without at the same time feeling the threat of losing something.
- The more the mind talks to itself about the tension it feels, the more tension it creates.
- Explaining to yourself why you feel tense IS the tension that you feel.
- One of the ways that tension hides itself and is able to continue unabated is by disguising itself as "excitement."
- If desire is tension, then how can anything that we desire release us from that tension?
- The conflict is within the consciousness itself, which means that same consciousness cannot do anything to end the conflict. Change takes place in the awareness of that consciousness.
- Seeing the sudden onset of tension and stress as a threat to an identity of ours is the beginning of unconditional freedom from those states and from that identification.
- The only reason why people lie is that they feel threatened, and the lie serves as a self-protection mechanism.
- Wants promise the end of tension, when the fact is that wanting marks the beginning of tension.