



WEDNESDAY, JULY 27, 2022

## Dare to Take the First Step Toward Fearless Living

Key Lesson: Key Lesson: Real freedom has no beginning or end, while fear can't exist without the beginning of something that will - and must, under law - come to an end.

### Talk Takeaways

- The vast majority of what we think about is driven by fear, only we don't notice it because we believe it to be the normal way to live.
- How many things do you not see because of fear? Because you are thinking about yourself? Thinking about yourself and fear go hand-in-hand.
- Fear drives all forms of self-judgment and judgment of others.
- Ask yourself: If I know that fear is poisonous to the soul, then why do I pick it up?
- We don't understand much about fear because there is something very clever in our consciousness that doesn't just create it, but also hides it.
- When you are resisting something, it means that something in you is also insisting something.
- The first step into fearless living is to understand fear, not to do something to conquer it.

- There is an unseen relationship between being terrified and being identified. The more identified we are with what we want, the more terrified we are of any condition that comes along to challenge what we want.
- Nothing that the consciousness blames the fear on is the actual cause of the fear.
- There is no such thing as the fear of what is. Fear comes in after an analysis of the moment as it is, i.e: negative imagination. The mind works to keep a sense-of-self alive through negative imagination.
- It is impossible to live in fear of what you DON'T want without having first imagined and then insisting upon what you DO want.
- We are not betrayed by what we imagine. Rather, we are betrayed and become fearful when we identify with a level of consciousness that is afraid of the revelation of itself.
- If there is no such thing as any form of painful or paralyzing psychological fear without identification, then how can anything we imagine and become identified with ever bring us a fearless life?
- The acronym FOLYS stands for "Fear Of Losing Yourself Syndrome." Fear is always connected to a sense of self that has been threatened.
- Observe the condition instead of serving the condition through identifying with it.