



SUNDAY, AUGUST 28, 2022

The Intimate Enemy: Winning the War Within Yourself

Key Lesson: Who is to be counted the most dangerous of all my enemies other than the one I see as being a "friend"... who is not.

Special Writing: "Throw Over the Exchange Tables"

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Talk Takeaways

- Do you know a "friend" who is always promising some order of freedom, but who is never able to deliver on the promise? You would drop that friend immediately, wouldn't you? So why won't you drop the interior "friend" that is always whispering promises in your ear?
- Anything that you see in nature is not separate from the nature that created it. Anything that is created is not separate from what created it.
- Few people want to really see and know their complicity in the conflict of this world that is coming apart at the seams.
- Struggling with unwanted moments perceived as being outside of us can't happen without there first being a perceiver of the moment that struggles with what it sees. All conflict has its beginning in a consciousness that is divided but doesn't know it.

- Before the world seems to be set against us, we have first set ourselves against a world of our own making.
- "One who knows the enemy and knows himself will not be endangered in a hundred engagements. One who does not know the enemy but knows himself will sometimes be victorious, sometimes meet with defeat. One who knows neither the enemy nor himself will invariably be defeated in every engagement." -- Sun Tzu, The Art of War
- Whatever it is that we are experiencing cannot be separated from the consciousness that is perceiving the experience.
- We don't know much about ourselves, about our true nature. This is why nothing much has changed in the world.
- A fundamental change in our consciousness can only happen as we see the need for the change.
- The will of great nature always brings its natural creations back into an atonement, a balance... the impersonal justice of a divine balancing action.
- "The roaring of lions, the howling of wolves, the raging of the stormy sea, and the destructive sword, are portions of eternity too great for the eye of man." -- William Blake
- Anxiety tells you why you are anxious. Fear gives you guidance on how to free yourself from fear. With friends like that, who needs enemies?
- Life becomes a battleground when we live from the opposing desires of a divided mind.
- The world that we have imagined, that then proceeds to threaten that very same world we've imagined, always imagines a way to liberate itself from its own dream.
- Thinking about a problem is not the same as taking responsibility for the problem.

- Instead of listening to the reasons why negative reactions are justified, be the conscious observer of the consciousness itself that gives you those reactions.
- If you are willing to do your inner work, then Intelligence will guide you along every step of the way. It is not necessary to listen to anxiety talk to you about what will happen to you. And yet, revelation of the anxiety over what might happen to you is part of the way.
- Instinctual fear is natural, psychological fear is not.
- It is fine to think, but we have to see the limitations of thought. Thought cannot see. Awareness is another faculty altogether that experiences and reconciles the presence of thought.