



WEDNESDAY, AUGUST 31, 2022

7 Ways to Recognize False Friends by the Lies They Tell

Key Lesson: Talking to yourself proves only one thing: you're still unable to tell the difference between good and bad company!

Talk Takeaways

- There are a legion of false friends within us that we presently do not realize are false friends that deceive us through promises of comfort and consolation.
- The consciousness responsible for the conflict we feel doesn't change when you temporarily cover up the pain of the moment through a distraction of one kind or another.
- The same mind that creates the conflict doesn't know that it creates the conflict because it believes that it has the resolution.
- There is nobody there who is conscious when you are listening to the mind talking to itself.
- Negative states are such common visitors that they are perceived as friends. We never consider they might be an "intimate enemy."

- You never rush without the presence of a fear that whispers to you why you must rush.
- If you are really going to start working on yourself, then you must see that the familiarity that breeds contempt is born out of an unseen division in our own consciousness.
- Awareness, presence, conscience is the false friend detector.
- False friends constantly tell you what you need to do to save yourself. Who you really are does not need saving.
- When you stop listening to false friends, you will wonder what in the world you are supposed to be doing with yourself.
- The only thing that a false friend can really do is tempt. The damage is done when you lend it your ear.
- Stop talking to these false friends by recognizing them for what they are.
- A false friend that knows the right thing to do always shows up in the midst of the chaos that it has created.
- False friends will try to convince you that anything is more important than being present to yourself.
- Stop trying to figure out the reason why thoughts are in your mind using thoughts. The intelligence of awareness already understands the proper place of thought.
- A true friend is someone who does not help you stay in relationship with a false friend.