



SUNDAY, SEPTEMBER 11, 2022

## **Freedom from Worried Thoughts and Feelings**

Key Lesson: Being convinced to worry over some darkness that "might be" just around the corner is an unseen interior shell game; (it's) a "play and lose" operation run by unconscious parts of us that know if they can't keep us resisting some impending fear they will have no choice but to disappear!

Additional Key Lesson: All forms of worry are nothing more than fear disguised as the intelligence we need to get us through whatever the moment feared.

Formula: If X is born of Y then can the continuation of Y ever bring an end to X? It cannot.

For example: If hatred (X) is born of ignorance (Y) then can the continuation, the cultivation of that ignorance (Y) ever bring an end to the hatred (X) it spawns? It cannot.

If worry is born of our unconscious conflict with life, then how can the continuation of any form of worry...ever bring an end to the conflict that gives it birth? It cannot.

## **Talk Takeaways**

- Worry never gives back a return on the investment of time, energy and tears that we pour into it.

- The moment a disturbance comes up, the only thing we know to do is remand ourselves over to a consciousness that can only worry about what to do about it.
- The general reason why we worry is that something in us believes that things are not the way they are supposed to be.
- Worry is inherent in unconscious identification with some form of expectation.
- The disturbance is already there as a part of the consciousness before the event comes along to reveal it.
- Worry is a way in which we try to control the condition that is blamed for the disturbance.
- Everything this world creates continues the problems it promises to solve through its creations.
- You can only treat other people according to your level of understanding.
- Whatever may be the conflict we experience is really our experience of a consciousness that is in conflict with itself.
- Consciousness is not inside of you. You are inside of consciousness. Consciousness isn't personal, but our misunderstanding about it makes it seem personal.
- The world is the way it is... because you are the way you are. That understanding is the truth and the only solution. Nothing else that the mind has come up with has worked, has it?
- Instead of "Don't worry, be happy," when the worry starts to ramp up, remember: "Don't worry, it's useless."
- Meet the part of yourself that tells you that worry is mandatory. That imp is a liar and a thief of your life.
- Any thought that isn't practical thought is born of conflict.