



WEDNESDAY, SEPTEMBER 14, 2022

How to Dismiss Any Fearful Moment Before It Drags You Down

Key Lesson: Freedom cannot be found in the east, or to the west; it doesn't wait somewhere north or south of those who go there in search of it. It's neither here, nor there; freedom is found wherever the willing soul agrees to meet and confront a fear.

Talk Takeaways

- Happiness for human beings now is the momentary abatement of a fear.
- Worry is an instrument of fear, imagining what needs to be done in a time to come to find freedom from disturbances.
- Psychological fear does not exist outside of the mind's associations that validate the reality of the thing that is feared.
- There is no such thing as psychological fear without negative imagination. Psychological fear is useless.
- The mind's answer to a fear usually ends up causing the fear's continuation.
- Fear is the protection of an image of yourself, the protection of something that you think will make you fearless. Fear secretly protects the consciousness that gives rise to it.

- Over time, the consciousness that is afraid has perfected fear so that it can protect its hold over humanity.
- Everything that you fear psychologically is made in your own image. You become a victim of your own imagination.
- In the absence of awareness, each image that the mind creates is immediately identified with.
- The root of all violence is unconscious, unseen psychological fear that is not understood.
- To worry over a condition is to guarantee that the condition will repeat itself at some point. The consciousness that worries does not change itself by worrying.
- It feels like you are very active when you are worried and fearful, but really you are being acted upon.
- The fearful mind sees everything it needs to see in order to justify its right to have authority over your life.
- We can't know the outcome of our inner work. We can only know the necessity of it.