



WEDNESDAY, NOVEMBER 9, 2022

## **How to Wake Up from the Nightmare Called Fear and Anxiety**

First Key Lesson: No one would agree to the feeling of being pulled apart by anxious thoughts and feelings, that is to say...unless he was first deceived into believing that this kind of pain is a required payment for anyone who hopes to pull their life back together... again!

Second Key Lesson: There could be no such fearful outcry as, "Oh my God!" with its implied - "What's to become of me!" - without our first having become identified with - and attached to - what the 'god of tomorrow' has imagined, and then promised would save us from the angst, sorrow, or emptiness of today.

Third Key Lesson: The tomorrow we fear comes today; but this day, itself, has no fear of tomorrow.

### **Talk Takeaways**

- We presently believe that fear and anxiety are a natural reality of life, necessary in order to get what we want.
- Tomorrow is a time that does not exist apart from the level of consciousness that imagines it.
- The idea of tomorrow always comes with the idea that there is something that has to be protected.

- There can be no psychological fear without negative imagination. There also cannot be anxiety without negative imagination.
- Imagination tries to figure out how to make itself whole tomorrow -- how it is going to be free of disturbances tomorrow.
- Fear and anxiety appear the moment that we look to something outside of ourselves to complete ourselves.
- Fear imagines what it needs to be fearless. Anxiety imagines what it needs to be comfortable, calm, at ease.
- The mind creates time so that it can exist as someone who existed yesterday and will exist tomorrow.
- The first order of business should be to see what you are being given in every moment, which includes the capacity to be aware of the presence of fearful anxiety instead of being its instrument.
- Tomorrow runs your day whenever you think that you must do something or become something in order to be free.
- To consciously struggle means to be the witness of the temptation to let fear and anxiety command our actions.
- The next time you feel anxious or fearful, thinking about how to escape from what disturbs you, think about it as being poked by the "pitchfork of tomorrow."
- The fullness of the Divine is found in the emptiness that we are willing to endure.
- There is no knower without a tomorrow, and there is no imagined tomorrow without a knower.
- Fearful anxiety is how the illusion of time keeps itself out of sight -- as in when we start to struggle with the fear of some unwanted moment to come, instead of working in the here and now to wake up from the dream (and dreamer) that creates the illusion that our True Self has something to fear.