



SUNDAY, FEBRUARY 12, 2023

Open Yourself to Real Life and Release Old Fears

Key Lesson: The only way we will ever realize that the end of the known - what we call "death" - is an invisible doorway into a higher order of consciousness...is by agreeing to do the interior work - here and now - of voluntarily dying to a psychological "time body" whose fear-filled identity we have mistaken for being the same as our own.

Talk Takeaways

- It is the things that we are identified with -- that we don't know we are identified with -- that are the basis of old fears.
- It should be obvious that the purpose of our life cannot have anything to do with what the mind thinks the purpose of life is about.
- It is what you discover about this life -- not what we take from it -- that is meaningful and everlasting. There are things that can be discovered about this life that cannot be lost.
- You must enter into each moment of your life so intimately and see yourself so clearly that you don't exit that moment the same, and your consciousness is changed.
- One of the things that we seek to avoid most of all is uncertainty. And yet we do not know very much about the uncertainty that we try to avoid.

- "If you wish to know God in a divine way, then your knowledge must become pure unknowing and forgetting of yourself." -- Meister Eckhart
- What is it that you think of as "certainty" that can be turned into "uncertainty" at the drop of a hat?
- The conditions that you try to control are not responsible for your experience. It is an interior experience.
- You can't resist any moment unless you already unconsciously insist that the moment go a certain way.
- Insecurity appears when the thing that we relied upon for our security starts to change, as it will always do.
- The mind tries to reduce any moment of uncertainty into something it can understand.
- We are not created to explain life to ourselves. What do we suffer over other than our own explanations? We become a captive of those explanations.
- Any explanation that the mind comes up with about anything in life will always be incomplete. It is in seeing this where real hope lives.
- The activity of thought will never bring about certainty. Thought is the very source of the uncertainty that then searches for certainty. Recognize that uncertainty and certainty are two sides of the same coin.
- Insecurity, uncertainty belongs to a consciousness that believes it is separate from everything that it sees.
- From now on, instead of letting uncertainty tempt you into seeking for what it calls certainty, wait and see.
- The self that depends on anything outside of itself lives in perpetual fear that what it is depending on will not live up to its promise.