



WEDNESDAY, FEBRUARY 15, 2023

Freedom from the Unseen Source of Fear, Stress, and Sorrow

Key Lesson: Intention without conviction is like a tree with shallow roots; it is easily up-ended, and ends up bearing no fruit.

Second Key Lesson: As false I dies, new I arises.

Special Writing: The Last Thing

https://gfmisc.s3.amazonaws.com/20230215_specialwriting.pdf

Talk Takeaways

- The mind believes that it possess what it imagines. However, to be in imagination is to be separate from what you are thinking about.
- Humanity is spiritually asleep, and the purpose of a true spiritual school is to show men and women that very fact.
- The fox blames the trap. The real nature of the trap is the nature of the fox that is identified with what it wants.
- What we think we possess... possess us. We do not possess what we believe we do. We are not aware of the part of us that clings to everything it sees.

- The problem that the woman in the doctor story had was the "That's mine" syndrome. Everything that the mind touches, it believes to be "mine," which always includes the fear of losing what is believed to be "mine."
- An image can't be separated from the sense of self that is identified with it.
- What is certainty other than the strength of your identification with something? And certainty always comes with its opposite: uncertainty.
- What is fear other than trying to protect something that I have imagined is mine?
- Uncertainty is the moment when what I thought was mine is revealed as not mine. On the level of that consciousness, the firm ground that you imagine you are standing on is forever giving way.
- Psychologically speaking, the only pain that you suffer from is thinking that something that you identify with is your possession.
- By nature, every image that you identify with -- that provides a strong sense of self -- is old, having always been as aspect of that level of consciousness.
- The idea of "that's mine" is alien to our true nature. Our true nature already knows the true nature of thoughts and feelings that claim "that's mine."
- The more you try to make the world do what you want, the more you lash out when the world won't do it.