



WEDNESDAY, MARCH 8, 2023

Take Off the “Hat of Unhappiness” and Welcome a Brand New You

Key Lesson: Only in a world turned upside-down could someone actually believe that his daily dose of stress, anxiety, and despair somehow proves he is as special as he imagines himself to be.

Talk Takeaways

- Our task as spiritual aspirants is to explore. And whatever qualities we discover within ourselves are neither good nor bad of themselves, but thinking makes them so.
- When you discover something about yourself, the revelation of that discovery has its own corresponding action.
- Punchline of the story about the professional actor: He does not know anymore when he is on stage, and when he is not.
- Whatever remains concealed in us cannot be healed.
- Each "hat" that we put on comes with a corresponding posture. The posture is either active/assertive or passive/retreating.
- We all have a closet full of hats that we put on (characters that we assume) based on whatever condition calls for it. The acronym "HOTM" stands for "Hat Of The Moment."

- When you are not present to what the condition is stirring in you, the condition that you find yourself in will define you.
- Look inside the hat to see who manufactured it. You didn't manufacture it. You would never consciously make an anxious, fearful or resentful hat and then agree to put it on.
- What you think is making you fearless is actually the very thing causing the fear.
- The task is to simply recognize how many hats you can catch yourself wearing during your day. You don't need to do anything other than just notice it, and then take it off.
- Awareness of the hat you are wearing is the same as taking it off and walking off the stage, because that active intelligence will not compromise itself.
- Instead of avoiding limitations, you must see the limitations of your present consciousness in order to rise above them.
- Judging yourself for wearing a negative hat is itself yet another hat that you have put on.