



WEDNESDAY, MAY 17, 2023

What to Do if You're Tired of Living in Fear

Key Lesson: Part 1: The more we look for ways to protect ourselves from fear, the greater grows our inability to see its increasing authority over our heart, mind, and soul.

Part 2: There can be no harmony between "necessity" and freedom; that is until - and unless -- unconditional freedom becomes our necessity.

Part 3: There can be no psychologically frightening moment of any kind without entering into it already identified with some unseen demand that, when threatened in some way, sets the stage for the appearance of a fear then seen as vital to protect the anticipated loss.

Talk Takeaways

- The fallen state of humanity is such that it has fallen from the real into imagination, and imagination is where fear thrives.
- The fear in your life is inseparable from the life you have imagined.
- We have lived with fear for so long that we believe the lies fear tells us are true and necessary.

- There is a natural, necessary fear that is instinctual and has no sense of 'I' in it. Unnatural, unnecessary fear is useless and destructive, and it comes with a strong sense of self.
- In order for fear to survive, it must be separate from, and therefore against, what it is looking at.
- Psychological time is the illusion that there is a you that is going to someday get someplace where you will no longer have to be you.
- Being defensive is always an act of a concealed fear.
- An image of yourself is always a deflection of the revelation of a fact about yourself.
- Behind every anxiety is an unseen threat. The more you imagine an anxiety-free life, the more anxious you become.
- People enable others because fear is terrified of being misunderstood and alone.
- Rushing is an act of service to fear that threatens you with something bad happening if you don't give in to its demands.
- Judgment is one of the principal preoccupations of a divided mind which believes it is separate from everything that it sees.
- Coming to a deliberate stop is the only way to see the part of you that doesn't want to come to a stop.
- Seeing the extent to which fear is in control strengthens the right wish to see more about fear.