



WEDNESDAY, APRIL 2, 2025

Escape the Circle of Suffering Born of Unconscious Identification

Original Talk Date: March 30, 2016

Key Lesson: It is a big mistake to believe that the operation of imagination requires you to be present in order for it to produce either the illusion of a pleasure or pain to come, along with some temporary corresponding sense of self; in fact, quite the opposite is true. Almost our entire present sense of 'I' is thus created and -- as the offspring of a lower level of being -- is largely responsible for all human sorrow.

Talk Takeaways

- Parables allow us to recognize what is above us through what is below us, so that we can begin to at least have some connection to a truth that is timeless.
- "Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven." -- New Testament -- The meaning of this passage is connected to the idea of innocence. There is no psychological fear in the life of an innocent man or woman.
- It isn't so much that one "enters" the Kingdom of Heaven, as it is that one begins to negate everything that keeps the individual from seeing that it is already present.

- Whenever an event runs counter to what we were expecting, in that same instant we feel exposed, vulnerable. It is like having our armor suddenly stripped away. It can be our own thought that strips us.
- What is important to us presently is everything that we believe we have to do in order to keep from feeling vulnerable.
- There will come a day when you are so tired of being afraid of what life brings to you in an unwanted moment, that you will want more than anything to understand that fear.
- The fear that presently governs your life can't exist in the life of a human being who has found innocence.
- Feeling vulnerable cannot be separated from the extent to which you are identified with something. Being identified with something is the same as the loss of innocence.
- To be identified with anything is to be the unconscious 'I' of that opposite you are identified with.
- The image that you have of yourself cannot be separated from the sense of self that appears with it at the same time. Sense of self does not exist without an image. You cannot threaten one without threatening both.
- If you want to be seen in a certain way, then by law you will walk around with fear of conditions that may challenge the image, as well as the self that is bound to that image.
- The sudden appearance of fear is the appearance of a false part of yourself that does not want to die.
- For everything that we are identified with, there is a corresponding 'I' that appears in the same moment of that identification.
- You cannot be identified without having a position to protect. And if you have a position to protect, you can never be innocent. If you are identified, then you will always have a motive.
- Psychological fear is being overcome by resistance to an imagined threat.
- We are pulled left and right by any condition that we are identified with.

- It is so hard to see that we tremble as we do before life, before people and conditions that fill us with fear, not because of what they do, but because of what we have yet to understand about ourselves.
- The only reason we are ever upset with anyone or anything is not because of what they have said or done, but because of what they have revealed to us about where we are identified with something.
- Identification is the father of self-justification. Innocence does not justify anything. Innocence IS true justification.
- Ongoing tension in the body is the result of psychologically protecting yourself from anything that threatens an identity.
- Is there a love that is not connected to being identified with something? If there is one true love, then it cannot be connected to a personal want.
- The awareness that can see the opposites at once is above the level of the opposites from out of which we derive a sense of self.
- When you start to feel tension, anxiety, fear, worry, etc., notice that you are identified with something that the moment has challenged. Remain the witness, the observer. The innocence is in NOT getting caught up in the opposites.