



SUNDAY, APRIL 27, 2025

Freedom from the Fear of Death Begins and Ends Right Here

Key Lesson #1: For us, death - even as we "learn to live" in its fearsome shadow - seems to mark the end of all that we have known; a looming "last show" when the theatre will be closed, and the final curtain drawn. But, there is another kind of death; and it is the end of fear: rebirth realized in the voluntary sacrifice, and concurrent death of the "knower".

Key Lesson #2: We will know that death is not the end of life only when, and as we become aware of it for what it is in reality: a temporary stage of life in transition...required for (our) rebirth.

Key Lesson #3: We are all born under a great Law of Time that states all things must pass. The question is can we remain present, "be there"...even as all that seemingly proves our existence vanishes from sight. To realize what is timeless, we must bear witness to the passage of all things created in time...including all that we become, and in every moment thereafter.

Special Writing: "Ripples in the Mirror of Mind"

https://gfmisc.s3.amazonaws.com/20250427_specialwriting.pdf

Talk Takeaways

- Spiritual wisdom is in discovering the mastery of God. Within us lives this mastery.
- Every time someone does not agree with you, you experience the fear of death. Anxiety is the avoidance of the fear of death. Anger hides the fear of death.
- Behind every form of psychological resistance is the fear of death.
- What feels threatened is a nature that is attached to a condition and requires that condition to go on without changing. That nature cannot live without what it is attached to.
- In reality there is no dividing line between opposites. One opposite does exist without the other.
- In order for there to be transformation, there has to be something active, and there has to be something that is acted upon.
- Something in us does not participate in the movement of life unless it likes the movement. It will deny any moment that threatens its sense of self.
- Just as the ripples seem to move when a stone is thrown into a pond, the same principle holds true when there is a disturbance within us.
- When you identify with a particular ripple, another ripple is created, which if allowed to continue can create a tidal wave.
- The ripple moving through you is what you call "me thinking." Identification with the ripple creates the illusion of a permanent self. But at the same time, if there is awareness of the ripple, it provides the possibility of a new revelation.
- A disturbance is the sudden revelation of a sense of self -- something that we are identified with -- that we did not know was there before the disturbance. Disturbances reveal the content of consciousness.
- True mind is not the ripples. True mind is the pond, and the whole pond remains unmoved by the ripples. When we name the disturbance in the

pond, we become the ripple. The thought IS the disturbance as well as the name of the disturbance. The thought is not your true nature.

- Rather than see the shape of the reaction, when we identify with the reaction we give shape to the reaction and thereby lose sight of the natural movement of the reaction.
- The death that you fear is not real death. The death you fear is the death of the ripple that you have identified with and mistaken yourself to be.
- The end of fear lies in the unending letting go of who you think you are, so that what is intended to take its place may take its place.
- Exercise: Watch the ripple. Catch the movement. Instead of naming the ripple, watch it for a moment. See it without selfing. Watch it rise and fall back into the pond.