



SUNDAY, JUNE 1, 2025

Perfect Freedom Has No Fear of Feeling Tied Down

First Key Lesson #1: Show me the one who governs his or her own thoughts and feelings, and I will show you someone who lives in a world unclouded by worry and fear.

Key Lesson #2: There are a thousand different ways to wrap a gift, but there's only one way to receive the "present"... and that is to be open to what the moment is trying to give you.

Talk Takeaways

- Perfect freedom belongs to a nature that nothing can touch, therefore it has no fear of being tied down.
- Your mind as it is lives in a constant state of imagination.
- The same nature that lives in hell creates a heaven for itself. Being lost in imagination of a time to come is hell.
- There is another order of yourself that is willing to go through what you need to go through, so that you can understand the parts of yourself that don't want to go through anything.
- The mind tries to escape from what it has imagined will take place in a time to come. You are fighting to escape from a world that you are creating by your fight with it.

- It is possible to have a light spirit in spite of all the darkness moving in and around you.
- The mind is always trying to think of the perfect formula that it can apply to the moment so that it does not have to go through the pain that it imagines is coming.
- People never get tired of looking at themselves, of thinking about themselves, and the world is always more than happy to take advantage of that fact.
- Matter is inert. It wants to stay what it is. It doesn't want anything to disturb it.
- The problem is not what others think about you. The problem is the nature within you that believes it is what it imagines itself to be.
- Your inner work is to find the virtues that you are most in need of, not to confirm that you already possess those virtues.
- How many people fight about the word "Good"? Here is a new conception of the word "Good": What is authentically Good is advantageous to everyone and everything in that moment, even though some individuals in that moment may not be able to take advantage of the Good.
- You don't have peace because you think you already know what peace is. The moment that you imagine what peace is, there is an identity formed that is afraid that something will take it from you.
- Silence is already there when the mind stops imagining what it needs in order to find peace.
- It is impossible to be on good terms with others without first being on good terms with yourself.
- The other person not meeting your demand is not the problem. The demand itself is the problem.
- There is no one that you can't learn something about yourself from. Anyone and anything can be used to see something new about yourself.

- No one who is filled with fear enjoys their achievements.
- Stay in touch with the little part of you that does what it does for the love of it. People spend their entire lives in careers that they do not love in order to obtain what they imagine they need.
- Enter into the moment for the purpose of exploration and revelation, not to prove what you think you already know.
- Good cheer is what happens when you understand that every moment can be used to understand more about yourself.