



WEDNESDAY, JUNE 18, 2025

An Insight into Fear Guaranteed to Make it Disappear

Original Talk Date: June 15, 2016

Key Lesson: It is possible to know so much about the nature of fear that, one day, it simply runs out of ways to make you believe in its shaking.

Talk Takeaways

- Most people think that spiritual work is about becoming an always-happy, bubbly person who is never bothered by any problem. Your real spiritual work is about coming into relationship with another order of yourself, another level of your own being.
- If one mind comes out of the dark, it makes it possible for more minds to do the same.
- When light comes into the darkness for an individual, that darkness is never the same again for anyone else, anywhere in the world.
- Any part of us that pursues power, any part of us that believes that who we are depends upon a possession, is in fact possessed by something that is powerless, seeking to make itself into something through something in the world.
- There is only one way for an individual to come out of the dark: to realize that the only place that darkness dwells is in our consciousness.

- Explaining yourself to yourself is not the same as seeing the truth. The ability to justify your situation is not the same as understanding what your situation is.
- You are the only one who doesn't know that everyone knows you are a wreck.
- What is in consciousness, you did not put there. But it IS your responsibility to attend to what is in your consciousness.
- In judging something or someone, including ourselves, that part of us somehow feels superior to what is being judged.
- The fear of anything, including fear of ourselves, is simply a matter of what we have yet to understand about ourselves.
- The world is not responsible for our consciousness. Rather, our consciousness is responsible for the world.
- The war is over for the individual who sees that enemies disappear as soon as he or she stops fighting with them.
- Every self-limiting negative state begins in us as a suggestion. But because it takes place in the dark, the suggestion eventually turns into an unconscious action
- The part of you that fights with others and with life does not feel real unless it is fighting.
- Fear is just a suggestion. Worry is just a suggestion. Negative states are just suggestions.
- You don't see the moment as a problem until something in you suggests that you see it as a problem. The suggestion has no substance save for what you give to it in the dark of yourself.
- You can be aware of the touch of life before the mind defines what it means. See your complicity with the level of consciousness that holds you captive.