



WEDNESDAY, JUNE 25, 2025

Freeing Yourself Starts by Seeing Through False Self Images

Original Talk Date: June 22, 2016

Key Lesson: If someone can say something to you about yourself that causes you to crash and burn -- so that you never stop smoldering over what they have said -- it's only because you have yet to see the truth of yourself. Here's the fact that not only proves the above, but within it rests the only real solution to this kind of suffering: Any truth you realize about yourself cancels both the fear of that truth as well as the level of self that lives in fear of it.

Talk Takeaways

- The 'I' that wants to change based on what it does NOT want to be, is part of a divided consciousness that cannot change itself.
- The 'I' that wants to change, and what it wants to change into (in a time to come), are both part of imagination.
- Only what is real can be changed. What isn't real can only be changed into more of what isn't real.
- We don't think that we are being arrogant or vain or self-centered when we think about how we want to change ourselves.
- You cannot have an image of yourself that is not sustained by an unseen lie that keeps it in place.

- Negative states appear in order to protect an image of ourselves that feels threatened.
- The 'I' that is stirred by the condition is not separate from the condition that stirred it.
- The false self is always trying to figure out how to avoid disturbances so that it can remain intact.
- We have been conditioned to ask the interior problem-maker for advice about how to solve the problem that IT created. So we are almost never without a problem and "someone" to talk to about it.
- The evil magic spell from the story was "PMIF", which stands for "Protectus Magnus Imagus Falsifus." Meaning that we have become hypnotized by self-protective, false images of ourselves even as they destroy us.
- See where you have taken the image of yourself to be the actuality of yourself. What is false does not want to see the actuality. It will protect the false image.
- If you could see the whole of yourself, then you would not act against yourself.
- Any painful sense of righteousness is a product of identifying with an image of ourselves that protects itself from revelation.
- Only what is false can feel threatened by reality. The actual reveals what is not factual.
- The need to explain an unwanted moment to yourself is the image-making nature itself explaining what it must do about the condition that has challenged it.
- Resentment towards anyone is proof that you served the image of yourself rather than the actuality of yourself.
- Choose in the moment of disturbance to see that the negative state cannot exist without an image having been disturbed. See that the image of yourself hides behind the state. Ask to see, and be willing to see. You would not be in pain if you were not identified with the image.