



SUNDAY, JUNE 29, 2025

Liberate Yourself From the Unseen Liar That Lives Within

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Key Lesson: What is True is quiet; it is at peace with itself, whatever it silently reveals. What is untrue has no such peace; it is unable to be silent. What is True has no need to think about, let alone talk to itself about any lie it may see. What is untrue can't stop talking to itself in order to cover up what it doesn't want to see, ceaselessly telling itself that it sees truly.

Talk Takeaways

- There are parts of us that do not want seeds of truth sown deeply enough that it stirs an awareness of the consciousness that we have been compromised by.
- The more a person thinks about how bad of a person he is, the more it seems to prove to himself just how good he really is.
- The sleepwalkers in the story were all burying the bags of lies they live with and have been deceived into trying to hide. Everyday the winds of the Divine blow the dirt away and uncover everything that has been buried. Every single lie we have told will be uncovered by the Divine.
- It is impossible for a human being to develop as long as they have lies to bury.

- There is a direct correlation between the images that human beings hold of themselves, the level of identification with those images, and the number of lies needed to protect those images.
- Higher consciousness is not something that you possess. It is something that you either live in, or that you live apart from, even though it never parts from you.
- The more divided that an individual is, the lower the level of consciousness. And nothing divides consciousness in a human being more than the way in which he lies.
- Why does a person lie? We lie to protect a false sense of self that exists only in a mind that is identified with its own false gods.
- The image of beauty is not beauty. The image of kindness is not kindness.
- If you are identified with an image, deriving your sense of self from that image, you have created a god for yourself that you don't see as a god, but that you worship.
- You could not be bothered by a small thing unless it was connected to a huge sense of self.
- Creatures in nature use adaptations in order to protect themselves, to hide themselves, for the preservation of the species. What is the nature that is being preserved inside of us when we lie? We adapt our behaviors in order to hide things from ourselves.
- You cannot have an enemy without a liar telling you the reasons why. What are you listening to when you are set against another person?
- Why do we blame others for our negativity? Because blame hides the fact that our interior life is not our own. It hides weakness behind a show of power. Every negative state hides weakness.
- A lie covers up the fact of our actual state, our actual being. Lies are the adaptive behavior of a divided mind seeking to protect itself from revelation.

- See the immense pain that is hidden by you separating yourself from the condition through explaining it to yourself.
- A hypocrite is a person who has learned to live with a lie.
- Wanting another person to see you in a certain way is a lie. Our culture is built upon appearance, not being.
- Examples of ways that we lie to ourselves: hiding a mistake, being defensive, gossiping, pretending to know something that you don't, contrived behavior, agreeing to do things you don't want to do, enabling others. You can make your own list.
- Most lies begin due to the perceived threat of losing something.
- Be more interested in seeing this nature in its unrest than you are in seeking the rest it promises you will find if you continue to tell the lie that it gives birth to.
- You can't see yourself as you are if it doesn't include seeing the parts of you that want to hide. Stay uncomfortable. What you call uncomfortable is the action of the light on the darkness and the image that is trying to pass itself off as you. Remain aware of the image and the lie that it requires.