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Two Simple Steps to Walk Away From Fear, Anger and Any Sorrow

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Key Lesson: Part 1: False certainty is a fool's certainty: it is based in the illusion that the more strongly we feel about any given moment -- in particular, the more negative we are over whatever may have transpired -- proves not only the truth of our unique perception... but also why we're so certain that whatever conclusion we reach goes well beyond the measure of any doubt.

Part 2: The reason that it never occurs to us to doubt our negative states is because to do so would require us to doubt our very identity in that same moment.

Talk Takeaways

- The whole idea of becoming something special disappears with the appearance of the simple peace of no longer being self-punishing.
- Any authentic insight places you above the conditions in your consciousness that you once served. And yet, at the same time, you gain insight into your own consciousness by diving into it.
- The real reason for a true school is not to increase intellectual knowledge or to make a better "you". Rather, a true school exists for the purpose of

making individuals aware of another order of being that already lives within them.

- Something must be died to in order for something new to be born.
- We never feel more right than when we are looking at something that we think is wrong. The certainty comes from the negativity.
- The more that we are identified with an image, the more negative we will get when the image is challenged.
- We cannot see, let alone die to the part of us that lives in the dark of us, without being present to the suffering it engenders when the disturbance takes place.
- Hidden in the awareness of our suffering is also to be found the awareness of its cause.
- All of our fears are based in a false certainty.
- The very act of running away from our suffering is the same as ensuring that the cause of the suffering remains in place.
- There is a direct correlation between level of negativity and level of identification.
- The punchline of the story about the dark weeds growing in the woman's garden was to say "I doubt you" to these negative states and the certainty that goes along with them.
- The last thing that occurs to us in a troublesome moment is to question our own certainty. The negativity seems to prove that the moment itself is the problem.
- In the midst of the negativity and the certainty, take a look at the corresponding identity, and begin to doubt it. The task is to doubt the right of negative states to command your life.