



WEDNESDAY, JULY 23, 2025

How to Walk Through the Valley of the Shadow of Death

Original Talk Date: July 20, 2016

Key Lesson: Here is a great unseen Law: never ask someone to do for you what you haven't first struggled with, mightily, to do for yourself... For in adherence to this Law not only will you be open and willing to admit your present set of limitations, but you will also be forever grateful to whoever steps forward to help you see how to transcend them.

Talk Takeaways

- There is a timeless awareness that connects everything that happens.
- When seen properly, events that formerly caused pain are now used to understand why events unfold the way that they do.
- When the student is ready, the teacher appears. But there are parts of us that always have something more important to do than attend to what the teacher of the moment is revealing to us about ourselves.
- A challenging moment is intended to reveal that we are not limited to what we have fearfully imagined ourselves to be. The challenging moment is the appearance of the teacher, but a part of us rejects it.

- Fear of the limitation seems to prove that there is nothing that can be done to transcend it. We avoid the teacher, the moment, when we listen to fear's conclusion that nothing good can happen in it.
- If you will go into the moment that fear says you should avoid, then the moment will reveal the fear as the liar that it is.
- Talking to yourself about why it is a good idea to run away from the moment is the same as allowing fear to have authority over your life. On the other side of the unwanted moment is the realization that the fear was never you.
- Fear hides itself by projecting a negative outcome.
- There is a nature in you that can only be awakened by going into the moment that fear says you should avoid.
- The choices that fear makes in order to bring an end to fear never actually brings an end to the fear. Agreeing to go along with fear's choices only strengthens the fear, and prolongs its authority over you.
- "The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever." -- Psalm 23
- The limitation is the consciousness that sees the condition as something to be avoided. The condition that the student doesn't want to go through is the teacher.
- What is talking to you is trying to keep you from transcending IT. The task is to transcend the fearful nature by seeing how it operates in you.
- The lower nature protects itself by imagining something to fear.
- Fear tells us that terrible things will happen, but fear IS the terrible thing that is happening when we listen to it.

- You are not supposed to win the moment; you are supposed to be changed by it.
- The lower nature can't change itself and doesn't want to change, but it doesn't know that it CAN be changed.
- Understanding comes from something greater than the darkness that is revealed.