



SUNDAY, AUGUST 3, 2025

## **The Unimaginable 3 Stages of Self-Liberation**

First Key Lesson: Given the values of the world in which we live today, it's no small wonder that the first of the beatitudes – “Blessed are the poor in spirit” – more often than not proves itself a painful paradox regarding the notion of real wealth; for the truth is – as Christ taught – that the less we take ourselves to be, the more we’re given to discover all that we are, and forever will be.

Second Key Lesson: It may seem as if – of ourselves - we can fight with, and win freedom from whatever may be the things we fear; but, in truth, the only real independence is being liberated from an unseen, (lower) level of self that is the father of fear itself.

Third Key Lesson: Real change can’t take place within us until we go through the fear of seeing that the whole idea of becoming “free” is exactly what keeps us from realizing a higher level of our own being: a Divine order of living light that can no more be made a captive of some unwanted moment... than sunlight can be caught in a jar.

### **Talk Takeaways**

- Fear tells you what you need to do in order to change the condition, ostensibly so that it will no longer be afraid.

- Judging yourself for making a mistake seems to prove to you that you are someone who is above those mistakes.
- Oil and water cannot be mixed together. Neither can freedom and fear. But we somehow believe that obeying fear's commands will eventually lead to freedom.
- Freedom and fear live in two different worlds. The two worlds do not mix. And yet time and time again we try to mix those worlds.
- When you are fearful of some unwanted moment and you attempt to control it, are you free of that fear, or have you simply become identified with an imagined better time to come?
- If the promised time to come never comes, then who is it that believes in that temptation? Who is it that believes there will be a time to come that will be free of torment?
- At some point you have to live with the questions that you can't answer and that you can't stand asking yourself.
- Understanding becomes real when experience is your understanding, when they are no longer separate things. Real understanding is not thinking about what happened after the fact.
- We are not really aware in those moments when we are about to compromise ourselves, because we are talking to ourselves about why it is necessary to take that action again.
- That still, small voice that you hear in the moment of temptation is the you that you have yet to become when you've made the right choice.
- No plan that you can formulate is going to remove fear from your heart. The plan to escape fear IS fear separating you from what you need to see in order to understand fear's plan.
- All of our experiences are divided because we identify with them. The source of those seemingly disparate experiences is not divided.
- Here are the unimaginable three stages of self-liberation: Stage 1 - Hope in an imagined time to come in which you will be free from torment, irritating people, and unwanted moments. Stage 2 - The realization that you have already been here, you have already formulated and put your hope in these same plans a million times before. Stage 3 - As a result of this seeing, in the moment of temptation there is no desire to be anything other than what you are, as you are.

- What offers you the solution to your suffering is the very source of that suffering.
- Walk through the fog long enough and you will get wet. Look at fear long enough and you will understand what fearlessness is.
- We must watch what we call "joy" just as closely as we would watch sorrow.
- Stop trying to break that bad habit. Trying to break the habit is part of the loop that will lead to doing it again. Instead, see yourself talking to yourself about it.