



SUNDAY, NOVEMBER 16, 2025

Use the Light of Heaven to Release You from this Unseen Hell

Key Lesson: A quiet mind never goes out looking for guidance because it never gets lost in thought.

Key Lesson #2:

Anxiety — fear of the future — painful regret exists only in the absence of clarity. Clarity is not the product of thinking; it is the realization that if thought is blind, so is the thinker; in the light of this understanding is revealed a new and higher order of Being, a Divine Intelligence that cannot harm itself, let alone anyone else.

Key Question: Could it be that we don't want clarity, because to see the truth would end the "me" who struggles with what it sees?

Key Lesson #3:

Truth heals. Lies can't.

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Talk Takeaways

- Nothing that is divided will find wholeness in whatever it looks for to bring an end to its divided state.
- Hell promises Heaven if we will just do what it says to do in order to escape the conflict. Hell is what the mind makes when it looks for the Heaven it has imagined.

- You can't love the image that your mind has made of Heaven without fearing and wanting to escape from the Hell that has been imagined.
- The more you try to swat away a dark cloud of confusing thoughts and feelings, the more it grows.
- What we call "struggle" is an unconscious nature that resists its own reactions.
- The resistance of negative reactions produces an imagined 'I' that believes it is not part of the problem it is facing, and it believes that it will find a problem-free paradise in a time to come. The negative state thinks about a time to come when it won't be negative.
- The actual cause of the conflict is a fallen level of being that cannot see that it feeds the conflict it wishes to escape. This fallen level of being is a nature that doesn't care if it destroys the one it possesses.
- Duality is the illusion that the object that is feared is separate from the nature that fears it. It is part of a "hive consciousness" that Christ called "Legion."
- The more the mind becomes agitated, the more the mind speeds up, and the more desperation there is to outrun the thoughts and feelings of a nature that doesn't know that it is creating the condition that it resists.
- How can any thought that creates anxiety bring an end to the anxiety? Can thought bring an end to the thinking that it doesn't want?
- "For there is nothing either good or bad, but thinking makes it so." -- William Shakespeare -- It is the thinker doing the thinking that defines what it sees as good or bad. The thinker believes that it is other than what it has defined.
- The more heaven that you have imagined, the more things there are that are going to interfere with it.
- The principal addiction of human beings is identification. It is an addiction to assuming an identity.
- The thinker's explanation of the addiction is part of the suffering of the addiction.

- We are released from the unseen Hell of any addiction when we see that the unconscious nature is the father of its own suffering. It is clarity that brings an end to the nature that is involved in that pain.
- Anxiety comes to an end when the consciousness that creates it is observed and revealed.
- Clarity requires conscious suffering. Confusion is the result of unconscious suffering.
- The thinker's solution to unwanted moments is to escape from them, and the moment that it is trying to escape from is itself.
- Stop running with the hurt, by daring to choose clarity over what the mind looks to in order to console itself. The mind consoles itself through knowing why it is in pain. Don't look for relief, but instead realize that there is no relief for the level of mind that creates its own pain.