



WEDNESDAY, DECEMBER 10, 2025

See Through This Unseen Source Of Fear and Suffering

Original Talk Date: December 14, 2016

Key Lesson: Speculation, speculation: thy true name is doubt, and thy brother is fear.

Talk Takeaways

- The woman in the doctor story suffered from "GWIS", which stands for: "Gosh, What If" Syndrome.
- The mind that speculates believes that it will be able to free itself from the fear and worry that is driving it to speculate.
- The mind loves to be anxious so that it can then set itself free from the unwanted condition that it has created.
- Speculation is the mind trying to figure out what to do about a problem that would not even exist without the mind having created and defined the problem in the first place.
- Self-knowledge comes from self-observation. If you can't see yourself, then you can't learn about your own nature.
- As goes your attention, so comes your experience. If your attention is taken by something, it is taken for a specific purpose; it is taken so that it can have the experience that IT wants, so that it can experience what it needs to live.

- It is awareness of your suffering that gives you the strength to set it down. Your suffering can't be separated from the experience you are having, and your experience is the result of what your mind is attending to.
- We fight with other people because their speculations do not match ours.
- In the story about the people who were hypnotized by large HD television screens, the woman who found freedom from their influence said, "You can't possibly know what is going to happen."
- How much time would you want to spend with another person who negatively speculates all the time? How much time does your own mind spend in negative speculation?
- Every creature in nature is either active or at rest. On the other hand, human beings are active but cannot rest. Human beings cannot rest because they are not conscious of the part of themselves that is incapable of coming to a stop.
- The divided mind believes that it knows the meaning of something simply by thinking about it. We can't find the real meaning of the moment through speculation. Speculation is separation from the real meaning.
- Catch your mind speculating. See the fact that you can't possibly know what is going to happen. Make your own personal list of some of the things that you get caught speculating about.