



SUNDAY, DECEMBER 28, 2025

Remember 3 Simple Words and Stop Suffering from Anxiety, Fear, and Regret

Key Lesson #1: We do not become prisoners because we fail to escape some painful pattern. We become prisoners because we imagine there is a “someone” inside the pattern who must escape it. In truth, the sense of self that feels trapped is a creation of an unconscious nature struggling to escape the experience of itself. Once realized that the suffering inherent in this conflict is not yours...it no longer needs to be transcended; it's released without effort because it simply has no one left to belong to.

Key Lesson #2: No conflict – in and of itself – produces a negative pattern. Any pattern of suffering is a dark creation of some pain remembered, replayed, rehearsed, and crystallized over time.

Special Writing:

What remains here is not nothing.

It is awareness without opposition.

Presence without agenda.

Being without narrative.

There is nothing to carry,

Nothing to hold onto, and so...

Nothing to remember.

Only a quiet standing where effort naturally falls silent.

Summary Key Lesson: As the seeker of truth comes to see there is no escaping the nature they are living from—realizing (to some extent) their belief in a personal “freedom to come” is a self-made prison—fear plays its final card, tempting them to despair over their failed journey. But this, too, is a lie. What appears to be the end of the path is — in truth — the end of an imagined self who believed there was a path to walk. When Christ said, “It is finished,” He did not announce a conclusion in time, but the end of separation itself—and only there does the beginning of all things stand revealed.

Talk Takeaways

- Presently our lives are defined by conflict and tension, and what we do in order to escape from those negative states. We have become used to being abused by negative states. We have become familiar and comfortable with the pain that comes with being in conflict.
- The mind creates enemies through resistance to its own memories.
- You are not going to think yourself out of the experience of yourself. The thinking nature IS the experience that it wants to escape from.
- Most of us live within a repeating psychological pattern that includes the plans to escape from it. Eventually the human being becomes the pattern.
- Being stuck is being identified with a level of consciousness that is always trying to escape from its own creations.
- The attempt to avoid getting stuck in a pattern is itself a pattern. Any effort to get out of a pattern in a time to come is itself a pattern and a prison. The pattern creates the illusion of time. The imagined escape from the pattern is the continuation of the pattern.
- The cleaving of the Gordian Knot by Alexander the Great was about the realization that the knot could not be untied by the same level of consciousness that created the knot in the first place.
- You cannot get stuck in a pattern until you are deceived into remembering it and then becoming identified with it. "You" are not trapped in a pattern until an identity is derived through identifying with a reaction.

- No imagined freedom in a time to come has the power to release you from an equally imagined captivity.
- Anything or anyone that interferes with an imagined freedom is perceived as an enemy.
- Christ's last words, "It is finished" was alluding to the end of separation that thought creates as it struggles to escape from the very conflict that it creates.
- It is finished. Agree to die to the pattern of the nature that is demanding that you play out the familiar role again. Whether or not you succeed does not matter; All that matters is that you make the attempt.
- Either you are seeing or you are not seeing. The pattern of thinking about (analyzing, explaining) what you are seeing steals you away from awareness of what is always right in front of your eyes.
- The mind can't wait to find negative connotations about positive revelations.
- The world abhors the moment in which a person sees a familiar pattern and refuses to go back into it.
- Set the aim to watch yourself more than you want to become someone special.