



WEDNESDAY, JANUARY 28, 2026

Use This New Self-Knowledge to Nullify Any Negative State

Original Talk Date: January 25, 2017

Key Lesson: Being "clever," or "strong" enough to escape unwanted moments is not the same as escaping the fearful nature within us that creates them. Freedom, real freedom, is not being able to successfully avoid the things we fear; rather, it is the moment-to-moment realization of a relationship with the whole of Life... wherein we can see that who we are, our True Self, has nothing to fear in this world, or in any other.

Talk Takeaways

- We presently live under the authority of every vagrant thought or feeling that passes through our mind, and that we unknowingly identify with when it appears, and that then becomes who we are and what we do.
- Why can't love be conquered? The reason love can't be conquered is because there is nothing in the Universe that it doesn't include. The world's love, if there is love at all, is an exclusive kind of love.
- Spiritually speaking, what is the real cause of death? The answer is lack of inspiration. Only an inspired man or woman has the possibility of realizing a soul.

- We are suddenly inspired in any moment of revelation, when another order of mind shows us something about our nature that was not known before.
- There is another kind of knowledge that we are drawn to because we recognize that what we presently call our knowledge is not really knowledge at all.
- The ancient meaning of the phrase "To know" is "To perceive a thing that is identical with another." In other words, if you know something, you are identical with what you know.
- At our present level of intellectual knowledge, we are separated from what we know.
- There is no thought in true self-knowledge, because in true self-knowledge there is no difference between the self and what it acknowledges.
- Our present level of knowledge does not lead to change, whereas real self-knowledge IS what changes us.
- In the moment of the revelation, we are shown that what thought to be different from ourselves is not different at all. The nature of real self-knowledge is experience.
- We presently perceive our experience as being different from ourselves. In reality, our experience is not outside of us as something separate. Attention is our connection to experience.
- As goes your attention, so comes your experience. You are what you experience.
- Experience in the moment is nothing other than what is revealed in us by whatever it is that has revealed it.
- You cannot get rid of the experience that you have, but you can transcend the nature that is producing that experience.
- Real self-knowledge is seeing the actual relationship that is responsible for your reality, as well as your role in that relationship.

- The mind's explanation of what is happening in the moment is the rejection of the revelation of the experience of yourself. What if you could stay in the whole of the revelation for one extra second without identifying with the explanation?
- The light of revelation is never in conflict with what it is revealing.