



SUNDAY, MARCH 15, 2026

The Key to Freeing Yourself from Any Fearful or Otherwise Painful Moment

The Key Lesson #1 Part 1: I can't speak to you of life without speaking to you of death; not the death we fear, but the fear we have of it. For to live in fear is to die in slow motion.

Key Lesson #1 Part 2: Our principle fear is not what any moment may or may not bring, rather what we really fear in any unwanted moment is our reaction to it.

Key Lesson #2: What we call "being interested" in...is something that *we are called* to realize as already being within us; it is a bridge between what is attracted, and what it is attracted to. It is through this interest that we are awakened, and then drawn to explore and realize the infinite unrealized qualities within us, inseparable from the relationships waiting to reveal them.

Special writing: "The Cause and Cost of Freedom"

https://gfmisc.s3.amazonaws.com/20260315_specialwriting.pdf

Talk Takeaways

- A key does not do any good if it stays in your pocket and if you don't put in the lock and turn it. Likewise, if you don't prove true spiritual ideas for yourself, then the ideas can become worse than useless.

- What is the one thing that never comes to your mind when you find yourself in a negative state?... That you could actually be interested in what you have no interest in. Our interest is usually in what we have to do in order to escape from the negativity.
- We are not rightly interested in our suffering. We are wrongly interested in what to do about it. What would happen if we could actually be interested in what we usually have no interest in?
- The moment that you are trying to control has already come and gone at the point when you are trying to figure out what to do about it. Which means that what you are really trying to control is the reaction to the moment, not the actual moment itself.
- The more you try to control a reaction, the more that you believe that your life depends upon fixing the disturbance that stirred the reaction.
- Can you protect yourself from your own reaction? Or is the act of trying to protect yourself from a reaction ITSELF a reaction?
- You can discover that the pain you are in was already there before the moment that came along to reveal it.
- The nature that is the cause of unnecessary suffering says, "Here's what you have to do in order to escape from the pain."
- The questions that we think we are asking whenever we encounter a pain are pain's questions.
- When you run from fear, the only thing that you see is what fear is telling you to run from. You don't see the fear itself when you run from fear.
- You having interest in fear changes your relationship with it. Listening to what fear tells you to be interested in is the continuity of fear's authority over you.
- You don't need another plan. What you need is to lose interest in your plans. You lose interest when you clearly see yourself about to go through the loop again.
- You do not of yourself create the interest that appears in you for whatever you are drawn to. The interest is the introduction to a quality or character

within you that was already there before you were aware of it. Interest is you being drawn to a relationship with it.

- Thought cannot ascend to the heights that you have been given a glimpse of. The relationship with what you are drawn to grows to the extent that you have interest in it.
- Become interested in the revelation of the nature of the negativity itself, instead of avoiding the experience of yourself based on what the negativity tells you to do.