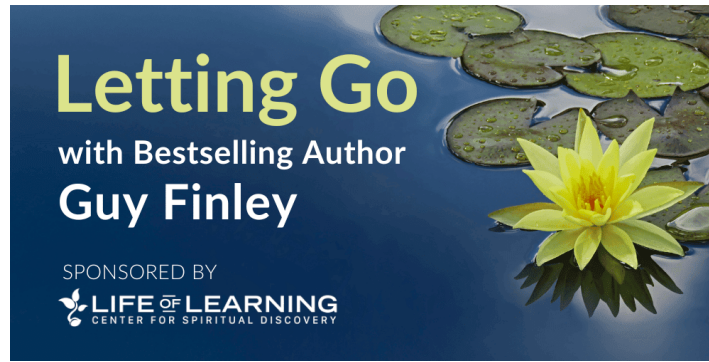




SUNDAY, MARCH 29, 2026

## **A Single Insight to Help You Let Go of Any Painful Thought**

Key Lesson #1: By itself, no thought has the power to trouble us; its authority over us is equal to the extent we are deceived into identifying with its particular, temporary character.

Key Lesson #2: No thought can stand by itself, any more than the "I" it represents can stand unsupported without the thinking that validates its position in the stream of passing events.

Key Question: Can the "thinker" fix the thought that it is troubled by?

Key lesson #3: Nothing is as thought sees it, let alone that it says "I" to...which is why we must work to be watchful of our thinking whose stream creates the illusion of a single self, but that is – in truth – many.

Special Writing and Exercise:

[https://gfmisc.s3.amazonaws.com/20260329\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20260329_specialwriting.pdf)

### **Talk Takeaways**

- The thinker can't escape its own thought. It is impossible. And yet we spend most of our lives trying to do just that.
- Two people arguing with each other each believe that they know what reality is. But there cannot be two different realities. There is only one reality.

- There are I's that are trained in the art of combat, and there are I's that are trained in the art of compromise. Each I is seamlessly handed off to another I. "If the blind lead the blind, both shall fall into the ditch."
- To be divided is to be identified with one thought after another without knowing it. "If a house be divided against itself, that house cannot stand."
- Every house that is divided is in opposition to itself, and anything that opposes itself falls into dissolution and perishes.
- You can't have authority over anything that you are identified with. When you are identified, you are divided, and self-command is not possible in a divided state.
- You can be in conflict and not know that you are in conflict because that conflicted I is trying to figure out what to do.
- Each I can only tell its particular story and speak to you in its own particular voice. The tone of every I is different.
- We are not the originators of the I's that appear in our consciousness. The deception is that we think we are each I that appears.
- You can be carried away by thought to your own destruction. But you don't see it in the moment because you are identified with each thought.
- You feed the thoughts that you don't want through your attention and identification. The nature that identifies produces a sense of self and then doesn't want the experience it has produced.
- Key Question: Can the "thinker" fix the thought that it is troubled by?
- Thought blames conditions for the unwanted experience. But the unwanted experience is the content of the thought, not the condition.
- Is the solution to resist or to try to fix each I that appears? No, the solution is to see each I for what it is.
- Like a giant stinging insect, each "Fly-By I" carries its own venom. If we knew that each I carried a poison, would we grab onto them? And yet we do grab onto these Fly-By I's every time we identify.
- Learn to watch the Fly-By I's. This legion of I's belongs to single unconscious nature that we are not conscious of. There is freedom in letting the I's fly by.