



WEDNESDAY, APRIL 29, 2026

Stop the Useless Suffering of Trying to Do the Impossible

Original Talk Date: May 17, 2017

Key Lesson:

Part 1: We are told that life is everlasting -- but see that nothing lasts! We are taught there is no death, and yet we see it everywhere around us! We dwell in the middle of an immense contradiction wherein one part of us feels the possibility of a life eternal, but that sees, and fears -- in the same moment -- only the inevitability of the opposite.

Part 2: The Great and Timeless Teaching -- that which can't be taught -- can only be learned through humility.

Talk Takeaways

- See the impossibility of trying to make something good out of that which cannot be made good.
- It is a feature of Mother Nature that her creatures have the ability to adapt to their environment. Similarly, we as human beings have adapted to living with fear.
- We have become accustomed to living with fear to such an extent that fear has become what we rely on to tell us what we need to do in order to be free.

- There are no free rides. You will pay for the sense of self that you don't know is your present sense of self because it is kept alive by every thrill ride that you go on. You don't care what the name of the ride is... you just want the sensation of yourself.
- The news is a large roller coaster. People like the news because every ride that they go on produces a sense of self.
- If we are identified with a passing condition, we will consequently feel a sense of loss when the condition changes.
- We have to see that fear and ambition are one and the same thing. The single source of all ambition is to find a way to be free of fear through our own actions. It is impossible to come to the end of fear on your own.
- Everything that we have called our strength is in reality a weakness.
- Listening to fear tell you what you need to do in order to free yourself from an unwanted condition IS the unwanted condition that you don't want.
- Any plan that you imagine in order to free yourself from fear... is fear's plan. Any attempt to save yourself in any way whatsoever is fear's plan.
- You have been the unwitting instrument of a nature that -- the more it tries to save itself -- the more it dooms you for your relationships with it.
- You have tried your entire life to be free of fear through your own efforts. How many times have you asked for help? You can't ask for help and receive it until there is genuine humility, which comes as a result of seeing.
- A call for help comes out of seeing the impossibility of serving the nature of fear. The help you need is attracted to the action you take based on what you have come to understand.
- Now is not the time to save yourself. Now is the time to see yourself as you are.
- Don't save yourself. Be willing to see the impossibility of freeing yourself through your own efforts. Then you will be given the help you need to be free of fear.