



WEDNESDAY, MAY 6, 2026

What Are All These Voices in My Head And What Can I do About Them: Reclaim Your Authority Over All Fearful Thoughts and Feelings

Original Talk Date: May 24, 2017

Key Lesson: Constant inner dialogue -- that infernal internal conversation running through your head -- is the fear-driven manifestation of a lower nature that first imagines a threat of some kind, and that then can't stop talking to itself about how to protect itself from its own dark dream.

Talk Takeaways

- We keep trying to do the impossible of attempting to achieve freedom from fear through our own methods.
- Only a fearful nature imagines a time when it will not be afraid. Only fear tells you what you must do in order to escape from fear.
- The mind imagines what it needs in order to feel safe and secure, and then it protects the very images it has produced when conditions seem to threaten the loss of security. The fear of the loss seems to validate the possession of the thing you never really had.

- The more that you believe that you can be given possessions that will insulate you from your fears and insecurities, the more dependent you become upon those conditions to rescue you from your own sense of inadequacy.
- The nature that promises the end of fear takes something from you with each promise that you believe will free you.
- The more that you engage with what promises you the end of a fear, the less conscience there is to help you see what you are actually dealing with.
- The real issue is that we have lost the capacity to discern the difference between a true voice and a false voice. "My sheep hear my voice, and I know them, and they follow me." -- Book of John, New Testament
- You will never find safety in the world that you are driven to find it in, because it is fear that is driving you.
- It is practical to do what you need to do in order to be a good householder. But there is nothing practical about listening to a voice that promises you safety but delivers you to suffering.
- Fear hides itself behind the voices that tell us what we must do to protect ourselves. We do not see the nature from which these voices come.
- When you hear a voice talking to you, say inwardly: "Show yourself to me." Usually we do not see the nature that is talking; we just see what it promises. "Show yourself to me" will invite the light that reveals the nature that is speaking.
- Saying to these voices "show yourself to me" is the same as saying "show me what I don't see about myself."
- The fear of death gradually fades the more that you see that your true nature cannot lose anything.
- Learn to see and hear what is talking to you. You will become aware of a nature that must always have something to be for, and something to be against. If you are attentive to that voice, you will find out that it is not yours.