



WEDNESDAY, JULY 24, 2026

Don't Be Afraid of the Big, Bad Wolf

Original Talk Date: July 5, 2017

Key Lesson: What is the true spiritual journey other than the discovery that who we really are is (a) part of a Consciousness that remains, at least for now, unconscious... not just of itself, but also to the suffering inherent in being apart from the Holiness of life.

Talk Takeaways

- The moment does not create anything or make you behave against your will. Moments bring out in you what is already there.
- What you feed in life is what grows. If you want to know what is growing, see what you are feeding.
- Every creature in existence, by its very nature as a physical organism, came out of the Earth and will be absorbed back into the Earth. But the Work says that a human being has a choice as to what he or she will be absorbed by.
- You are in a process of exchanging your life energies with whatever you give your attention to. You are absorbed into the nature of what you give your attention to.
- The bad wolf gains strength by stealing yours. That's how it grows.
- What negative states and strong desires have in common is that the only thing they have the power to do is threaten you.

- You can only be threatened by something that you believe has the power to take something from you.
- A condition cannot produce the illusion of a threat unless there is also an illusory part of yourself that is resisting the condition.
- There is a nature living inside of human beings that does not care what happens to the host that it lives in. All it wants to do is consume.
- People compulsively run after pleasures because they are being threatened by something within them that wants to avoid the emptiness that it fears.
- The bad wolf cannot stop you from feeding the good wolf. The only thing the bad wolf can do is huff and puff and threaten to blow your house down.
- Negativity is a reaction to an image that has come into your mind that is convincing you that you will lose something unless you do something about it.
- It feels like you are active when you are negative. But when negative you are passive to something that is using you.
- You are complicit in being devoured by your own nature (the bad wolf), but you don't know it. Until you have the self-knowledge and understanding of your complicity, nothing can change.
- You serve the good wolf in you by seeing the bad wolf.
- The bad wolf does not have any authority other than your response to its appearance.
- The appearance of the bad wolf is the invitation to feed the good wolf. The awareness of the bad wolf is the food for the good wolf.
- Catch the big, bad wolf. Instead of feeding it, stay aware of it. Catch when that lower nature is threatening you, and connect it to the action you are being tempted to take in order to appease it.