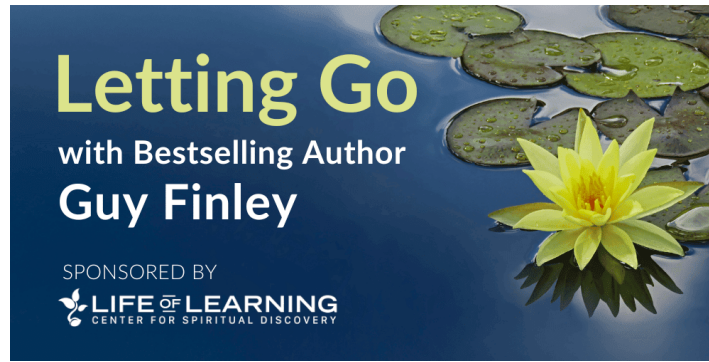




SUNDAY, JUNE 28, 2026

Turn “Oh No!” into No More Fear, Anger, or Frustration with Life

Key Lesson #1:

Some things must be seen as true before they can awaken within us a new and higher will...that sets us free.

Key lesson #2:

Every level of consciousness we can't see, but whose will manifests the condition we call our experience of that moment...seeks its own continuation.

Talk Takeaways

- Every day of your life is meant to include a new revelation of something that has always been within you, but that you were not aware of before.
- If you know so much, then why are you still so afraid?
- When we are fighting with a moment, it is another will that has come into our life and acts in our name, but we don't know it.
- If we were truly acting from our own will, we would not set ourselves against ourselves, or against others. And it certainly is not "Thy Will" that is set against life.

- "For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places." -- New Testament -- "Darkness" being that which keeps a person blind and ignorant.
- The body is not the problem, but something appropriates the body's natural functions and turns it into something unnatural.
- You can't hate something without the content and meaning of that hatred having come from something in yourself.
- Everything has a will of a certain kind, and by its nature does what it needs to do in order to develop itself. A memory also has a will that seeks the continuity of itself; it seeks to feed, protect, and reproduce.
- Every "ego-system" seeks the continuity of itself, with no concern about other ego-systems. Fear seeks the continuity of itself, as does anger, resentment, anxiety and every other psychological state. Every psychological state has a certain kind of momentum.
- What we call "our will" is not really our will at all. We have a natural will, but at what point is that natural will co-opted by another will?
- Real compassion does not separate you out from what you are experiencing. Real compassion is seeing that you are what you are experiencing.
- If the real struggle was with the body, then every struggle could be overcome by using thought.
- It is a higher order of will that is able to see the lower will.
- Learn to recognize the smell of a fuse that has been lit for an eventual explosive reaction to go off. See that something in you is drawn to the explosion.
- The fear of death is an order of will that desperately searches for something that will ensure its continuity.