



WEDNESDAY, JULY 29, 2020

The Power to Make Discouraging Thoughts and Feelings Disappear for Good!

Key Lesson: The ache of any dark moment — of any discouraging thought or feeling that wants to convince us we'll never be free...is simply a lie. Ours is always and forever the right to exchange any form of discouragement for the realization that nothing about it — neither its pain, nor its attending sense of despair — belongs to who we really are.

Talk Takeaways

- Special Writing: "An Important Lesson in Fearless Living"
https://gfmisc.s3.amazonaws.com/20200729_specialwriting.pdf
- We as human beings are not intended to avoid any moment.
- Beauty is in the eye of the beholder. We would not be able to experience beauty outside of us unless there was a corresponding aspect of that beauty within our own consciousness.
- If beauty is in the eye of the beholder, then so is fear. There is a part of us that fears things that seem to be bigger than we are. Discouragement is a state that tells us to avoid moments in which we seem to be inadequate.
- Discouragement is one of the giants that we must face on the spiritual path. Discouragement tells us that we ought to be other

than we are, and that we must avoid all moments that will inevitably prove our inadequacy.

- The eyes of discouragement have an incomplete perception of the reason for the moment.
- We are created to outgrow our present level of consciousness on a daily basis.
- It is impossible to be in this world without experiencing discouragement. But the truth is that you can't be discouraged without identifying with an outcome. The discouraged self does not exist without a corresponding image that it is identified with.
- Whenever we are identified with any reaction -- and therefore resisting the moment -- we are blind because all we see is what the reaction points to as the reason for its discomfort. Resistance is blind, and whoever is blind cannot learn. Resistance can't learn.
- The appearance of discouragement is necessary because it gives us a glimpse into a level of consciousness that we were not aware of before. Therefore it is a doorway to learning something new and profitable about ourselves.
- Resistance reduces the infinite number of possibilities contained within every moment into one thing that it does not want.
- When we are caught up in discouragement, we are kept out of the exercise of the moment, which includes the exercise of our consciousness and its capacity to know itself. The exercise of the moment is to see ourselves as we are.
- The purpose of the appearance of discouragement is so that we can transcend it. If you are a sincere aspirant, you will be tested. Challenge the discouragement.
- You can't hate another human being without also imagining what love is.

- Fear is poverty. "What does it profit a man to have gained the whole world and lost his soul." A fearful man or woman is "poor" while believing he or she is "rich."
- Control is chaos, because the need to control is born out of the idea that we are separate from what supposedly needs to be controlled.
- There is no reason for the moment outside of the observation of yourself in it. Being doesn't seek a reason for itself.
- We get discouraged because we perceive that something has been denied to us in the timeframe that we believe it should be given.