



SUNDAY, NOVEMBER 29, 2020

Freedom from Fearful Thoughts and Feelings Starts Here

Key Lesson: Part 1: There are as many desire-driven dead-end roads promising to deliver us from our fears as there are fearful thoughts looking for a way to escape the consequences of the unconscious choices they helped to create.

Part 2: As long as desire remains unaware of itself...it can only chase its own reflection through time, always running after - reaching for - but unable to ever consummate the end of its own longing.

Talk Takeaways

- Special Writing: *Seeing Into the Circle of Fear is the First Step Outside of It*
https://gfmisc.s3.amazonaws.com/20201129_specialwriting.pdf
- All psychological fear is an unseen form of exile from the Kingdom of Heaven produced by the presence of an unsuspected form of self-ignorance.
- The only time we harm ourselves or others is when we are afraid.
- When does fear appear? Psychological fear appears when a condition -- that we were relying on for our happiness -- starts to change.
- Who and what we are is a self-developing creature. We cannot be more than we are in any given moment, because the moment is a

relationship between what we are in the moment and the celestial forces that reveal what we are.

- The false self imagines that it knows how to free itself from what disturbs it.
- Dreams in a time to come are worthless lumps of coal, not the diamonds that they seem to be. Wishing that we could be free is a lump of coal. Beliefs are lumps of coal. Whatever that consciousness see as the object of its desire is an imagined hope.
- The real work is to struggle with the nature of fear itself, not with the things that fear points to as being the problem that must be fixed.
- The cause of our suffering is unseen desire.
- You cannot serve what is whole, and the lower nature with its insatiable appetite, at the same time.
- There is no sudden, urgent impulse to take an action that is not the child of fear. Obeying those impulses does not make us less fearful; instead, obeying them is the same as strengthening an unseen attachment.
- If any condition can seem to come along and take away our treasure -- our prized sense of self, for instance -- then it is not a real treasure. What we fear losing is only as real as the self that fears losing it.
- We are not here to manipulate conditions in order to make ourselves fearless. Instead, we are here to use conditions to see that there was never any real reason to be afraid in the first place.
- The very act of identifying with an image of ourselves is the same as identifying with the condition that the image depends upon. And when the condition threatens to change, then there is also a threat to our identity.

- All anxiety comes with an urgent impulse to resolve the thing that is blamed as the source of the anxiety. The urgent impulse to resolve the anxiety always involves rushing. We sell our soul every time we give ourselves over to an urgent impulse.
- The plan to be happy tomorrow is a lump of coal because it belongs to a level of consciousness that will always be incapable of being content in the Now.
- There cannot be judgment of another human being or circumstance without there first being fear of that person or thing.
- We are created with the capacity to watch and be the witness of any of the sudden, urgent impulses and desires that presently rule us, and instead use the fire of that impulse/desire as a light for revelation.
- There is no such thing as psychological fear without negative imagination.
- Unconscious desire is in endless conflict with itself, always imagining what it needs outside of itself to bring an end to the conflict that is produced by the consciousness itself.
- One of the purposes of an intention is to reveal everything that is interfering with that intention. The more you return to an intention, the more you will see the things that drag you away from it.
- Joy is what happens when we are no longer identified with what we believe will bring us joy in a time to come.
- Study and be a witness to any urgent impulse that wants to push you. Work at it.