



WEDNESDAY, DECEMBER 2, 2020

The First and Last Law of Self-Liberation

Key Lesson: The power of whatever we may fear (psychologically) is not in the thing feared, but rather is a feature of a lower level of consciousness that fears seeing the only power it has ever had, or ever will...is imagined.

Talk Takeaways

- There cannot be fear without unconscious desire. When there is no fear, then there is no conflict. And when there is no conflict, there is no unconscious desire.
- Without really knowing that we do it, much of our lives is spent trying to protect what we imagine we have.
- The fear we feel cannot be separated from the substance that we lend to the objects of that fear. Why would a part of us want to imagine something to be afraid of?
- Without negative imagination there is nothing to fear. Anxiety is fear of a future that is imagined.
- There are great laws that govern everything we see. Creatures in nature have no choice but to obey those laws in the form of fight or flight reactions. Human beings are intended to be conscious of these laws and rise above those animal reactions.
- We live in a world in which everyone spends most of their energy trying to figure out what to do with fear.

- When you say "I am the new law" in the face of fear, you are saying to the fear that you are no longer going to believe in what it commands you to do.
- Nothing can keep us from being free because what we are a captive of is a lower level of our own consciousness.
- The new law of self-liberation is to see and then dare to act on the understanding -- as small as that understanding may be -- that nothing bad can happen to who and what you really are.
- We have to get to the place inwardly where we no longer believe in our own fearful reactions. The questioning of the fearful reaction is the same as questioning and beginning to separate from the construct of self that is responsible for the fearful reaction.
- Let Truth catch up to you and show you that there is nothing real that you need to run from.
- The moment that is feared is inseparable from the consciousness and the self that fears it.
- Fear creates more fear with everything it does to put an end to fear.
- Fear always speaks in terms of "I can't." Fear always sees what is not possible, what is to be avoided. It never says, "No problem. I can do that."
- The level of consciousness that lingers in fear does not exist without the images that it is resisting.
- Fear can be properly used to enter into a higher consciousness, another order of self, that is not affected by fear because it understands the nature of fear.
- Instead of serving fear, serve your wish to understand it.
- Fear doesn't know anything, but it tells you that it knows everything.