



WEDNESDAY, FEBRUARY 3, 2021

Go Beyond Fear and Sorrow By Being All That You Are

Key Lesson: Refuse to weigh yourself by the values of this world, including what IT calls out as good, necessary, or true for you! Rather, weigh-in against the whole notion that your True Self can be measured by anyone, including yourself.

Talk Takeaways

- The extent to which something in us judges ourselves and others seems to prove to us the extent to which we are in the right.
- We are not on the Earth to prove ourselves to anyone. Instead we are here to use the moments we are given to discover what is true about ourselves.
- Addictions are produced by identification with an unseen image from which an identity is mechanically derived. And there cannot be any kind of dependency without the appearance of self-created psychological fear.
- The real source of suffering is remaining unaware of how a part of us continues to borrow one temporary identity after another.
- Within us is a level of consciousness that imagines what it needs to be in order to successfully get through unwanted moments.
- There is no peace in any identity that is borrowed from something that is temporary.
- At some point payment will always need to be made for anything that is borrowed.

- Before we can hope to be all that we are (and we all know that we are meant to be more than we are), we must first be free of all that we are NOT.
- There are generally three basic types of being: those who are physically oriented, those who are emotional, and those who are intellectually oriented. As a rule, although all three of these parts may be developed to some extent, one of these parts is usually more dominant than the other two.
- There is a completely different order of being that sees all that is sensed, felt and thought... all at the same time.
- To be all that we are, we must see all that we are. And we can't see all that we are as long as we live from a level of consciousness that believes there are things about ourselves that we are not supposed to see.
- There exists a higher level of perception that is already within us. That higher level of perception can see all that we are not, which is the beginning of the realization of all that we are.
- A temporary identity can never see all that the moment holds. We are more than the content of our consciousness. Our true self is the awareness of it.
- If you learn to stay with seeing, you will gradually move into a relationship with an order of being that cannot be captured by thought. That level of being is aware of thought.
- Thinking is always exclusive. Seeing, awareness includes everything.
- Becoming aware of the consciousness that creates tension is the beginning of changing our relationship to that consciousness that resists unwanted moments, which gradually leads to a new view of the tension.