



SUNDAY, JULY 18, 2021

Free Yourself from the Fear of Being Alone Once and for All

Key Lesson: Part 1: Nothing serves to create a greater sense of isolation - a feeling of being cut off from life - than being at the center of your own thoughts about yourself; where you live out your days as a castaway on the "island of self" upon which you have, unknowingly, agreed to abandon yourself.

Part 2: No worldly acclaim, possession, or relationship with the same can ever make us whole, let alone free us from the irreconcilable fear that comes with feeling ourselves as apart from others, and from life itself. Only by consistent, persistent interior work to remain awake and watchful can we place ourselves in a conscious relationship with higher, eternal influences...under whose authority we are released, at once, from the illusion of isolation and the dreadful sense of loneliness that comes with it.

Talk Takeaways

- No possession that we have given to ourselves has ever made us feel safe and secure.
- Any time you judge, hate or blame, it is because your self-made kingdom has started to crumble. And yet you must let your kingdom fall and do nothing to save it.
- Comparison comes out of imagination, and it is at the root of feeling that you are all alone.

- Whenever you identify with a fear, at the same time you also feel all alone. Fear looks for something outside of itself for consolation, as that consciousness imagines what it will need to make it feel whole.
- The nature of unconscious thought is to create a sense of separation between the observer and the observed. And that sense of separation is the same as the feeling of being alone.
- Trying to get ourselves out of a situation we don't want, by resisting it, is how we end up in unwanted situations.
- One day you won't be afraid of fear.
- Nothing created is alone. There is not a single creation that created itself or that maintains its existence by itself.
- Usually what we remember is what we are given to remember by our own unconscious reactions.
- It is in the observation of the struggle between "Yes" and "No" that you discover that you are neither.
- We are presently overpowered by thoughts and feelings because we are struggling within that kingdom without knowing it.
- No one is more alone than the person who relies upon thought for guidance and consolation.
- No one is aggressive who isn't feeling alone and powerless, trying to find power through that aggressive state.
- Resistance is loneliness because it is the great separator between ourselves and what we see.