



WEDNESDAY, OCTOBER 13, 2021

The Spiritual Facts You Need to Free Yourself from Painful Thoughts

Key Lesson: Only consistent, persistent inner-work can lead us to the threshold of the "Truth that sets us free." And yet, the following is equally true: the unassailable liberation we seek will continue to elude us until every effort to know the truth of ourselves - by thinking about ourselves - has proven useless.

Special Writing: "Living in a World of Waking Dreams"

https://gfmisc.s3.amazonaws.com/20211013_specialwriting.pdf

Talk Takeaways

- The illusion that we live under is that we are free to learn. The reason it is an illusion is because no one is free to learn until they see with clarity their true relationship with life.
- There is no learning with thought. Learning has to do with illumination. Without illumination there is no education of the soul, and without education of the soul there is no transcending the world of thought we live in.
- Thought is blind. Thought can't see, but you can see thought and understand that thought can't see.
- Your identity is usually a derivative of the thoughts that are going through your mind in any given moment.

- There can't be freedom living in a circle. In a circle, the illusion is that you will end up somewhere other than where you began. It is the same dynamic when it comes to living in thought, relying on thought to lead you to freedom.
- The more I'm invested in a one-track mind, the more I find myself right back at the start of the race, having gone nowhere.
- Thought can't change anything because thought does not exist apart from the past.
- Understanding the real nature of powerlessness happens when you see that what you thought you had power over actually has power over you.
- Thought sits outside of the conditions it considers. Thought sees only a limited set of possibilities based on the condition being considered.
- You can only understand what is true about something when you are within it and aware of it.
- Thinking about yourself is thought considering thought.
- Thought is incapable of considering anyone or anything outside of itself. This is true because the thought about someone is not the person that the thought is about. Thought has no compassion.
- Thought is incapable of being in relationship with anything other than itself.
- Unchecked, unconscious thought ultimately corrupts everything that it considers.
- The level of consciousness that we live from does not want to live in an unknown moment. That is a problem because in reality every moment is unknown. The thought-nature describes unknown moments so that it can feel like it knows what the moment is all about.
- The world that we say we don't want is the creation of accumulated thoughts that we DID want.
- Thought says that it alone will lead the way to freedom, but identification with thought is captivity.