



WEDNESDAY, NOVEMBER 10, 2021

Discover the Unseen Source of Stress, Anger, and Fear

Key Lesson: To see that what makes unwanted moments feel so important to us can't be separated from a powerful, but false sense of self provided by these same painful feelings...is the first step in separating ourselves from an unconscious nature that doesn't care what it feels as long as that stress, anger, or fear supports its insatiable need to feel important.

Talk Takeaways

- It is only in a real school that it is possible for a person to receive consistent new impressions. A new impression cannot be separated from a revelation about yourself. A new impression and a revelation about yourself are one and the same thing.
- Every real new impression only happens once. There is no such thing as a repeating impression.
- All impressions are spiritually nourishing, even though many of them are hard to swallow.
- There is no end to discovery as long as we allow revelations to do what they're intended to do.
- What is concealed cannot be healed until it is revealed.

- Arrogant certainty is the same as judgment, which blocks a person from receiving new impressions.
- We will never find what is concealed and allow it to be revealed if we continue to meet moments with "I know." Revelations and unknowing go hand-in-hand.
- Knowledge is nothing. Experience is everything.
- A spiritual shock is a new impression through which you learn something about yourself that you would rather not see.
- In a moment of true revelation you can see, by the light that shows you to yourself, that the imagined consciousness you had thought was yours was not real life at all.
- ISI Syndrome stands for "Imagined Self Importance."
- Blame is the way a divided consciousness proves to itself it is not the same as what it blames for its experience.
- The larger the sense of self-importance, the smaller a person's life becomes.
- Self-importance hides itself by blaming its pain on something that it perceives as being outside of itself.
- We are brought up in a world that cultivates self-importance as a virtue. This world worships self-importance.
- At the first sign of stress, anger or fear, work to see what those states are connected to. See what it is that those states are hiding.
- The more you resist something that you do not want, the more you connect yourself to that very thing.
- Boiled down, the avoidance of anything is the same as the avoidance of awareness of yourself.