



SUNDAY, NOVEMBER 28, 2021

Going Beyond the Boundaries of Worry, Regret, Anger, and Fear

Key Lesson: The inner journey that leads to a life no longer bound by painful unwanted moments - including their ever-present fears and doubts - has one prerequisite: along the Way we must agree to walk through any gate above which reads this sign: enter here to meet whatever limits your right to be free.

Talk Takeaways

We cannot DO anything to create freedom. What we CAN do is understand that which takes freedom from us. Our reaction is usually one of doing instead of seeing.

- There is no captivity outside of ignorance of the activity of our own consciousness.
- There is no such thing as "I can't" when it comes to your spiritual life. What you are really hearing is the voice of an unconscious nature that is saying "I won't."
- There is no end to what you can find out about what wants to limit your possibilities.
- Where does a psychological boundary get its power? The power comes from the resistance to the pain we feel as we stand before the boundary.

- The teacher of the moment always appears in the form of what SEEMS like a boundary... because it brings a lesson we need but don't want at that moment.
- Threats to our sense of self are made real by imagination.
- We can easily see the boundaries in others, but rarely do we become conscious of the boundaries in ourselves.
- Bad habits, rituals, pride, love of comfort, expectations, demands, fear of failure, self-pity, and painful memories are some examples of boundaries that we are typically not aware of.
- A boundary is inseparable from the level of consciousness that is identified with it.
- The avoidance of an interior boundary is the pain, not the perceived boundary itself.
- The creation of a permanent boundary is the same as creating a limitation, and it is all done in imagination.
- Chronic judgment of others is a boundary. Blind compliance is a boundary. The belief that others should be as you believe they should be is a boundary.
- Boundaries have no substance other than what our own consciousness endows them with. They are the substance of thought.
- You are complicit in the creation of the seemingly permanent boundary that you feel a captive of.
- The gateway to the other side of any boundary is found in our understanding of the actual nature of the boundary itself. The very boundary that we usually resist contains the gateway through the boundary.
- There is no wisdom in preparing yourself in advance for a possible future unwanted moment.