



WEDNESDAY, DECEMBER 1, 2021

Detect and Drop Useless Thoughts that are Dragging You Down

Key Lesson: The more we think about what's wrong with life, with others, or about ourselves, the less we see this self-evident, but simple truth that once realized...helps set us free: the more we think about any disappointment, or the prison of some lingering pain we can't seem to escape, the more we are made a captive of those very same thoughts.

Talk Takeaways

- Blame is the same as avoidance of seeing yourself..
- Every creation is given, every day, what it needs to work.
- Discovering the truth of yourself is the same as discovering where energy has heretofore been wasted.
- ATUTS is "Addicted To Useless Thinking Syndrome."
- The thing that you are addicted to has power over you only so far as you believe in its power to free you from pain.
- We become the captive of thoughts that we are not aware of, and then we try to use thought again to escape from captivity, locking us down further.

- Awareness knows the difference between a useful thought and a useless thought. A useful thought is practical. When it is identified with in the absence of awareness, a useless thought strengthens a false sense of self.
- The more useless thoughts you have, the more useless results you will get.
- Useless thoughts provide a sense of life at the same time that they steal life from you.
- Thoughts that serve to protect a sense of self are useless. Real security can never be realized through any thought. Real security belongs to a higher order of being, a higher order of seeing.
- A useless thought is triggered by a disturbance that seems to be a threat to the status quo of self.
- A useless thought is not aware of anything other than itself.
- Instead of asking how to overcome something so that it is no longer a disturbance, ask to understand more about its nature.
- The solution is not to choose one side or the other. The solution is to see the division.
- The "known" is not the natural life. It is the unknown that is natural, but the thought-nature can't stand the unknown because it doesn't know who it is in the unknown.