



SUNDAY, APRIL 3, 2022

4 Words to Help Liberate You from Worry and Fear

Key Lesson: Practicing the Presence - working to remember the truth of yourself - doesn't necessarily change the kind of events that come to you; that's not how it works. But, what your inner work does change is for whom - upon what "I" - will these events fall and, accordingly, the purpose they serve.

Special Writing: "A Cautionary Tell"

https://gfmisc.s3.amazonaws.com/20220403_specialwriting.pdf

Talk Takeaways

- Reality, inner and outer, is a lot bigger than our thoughts about it.
- We have an innate longing to belong to something greater than ourselves.
- Thought is the limitation, not the way to transcend limitation. Identification with thought stops exploration and discovery.
- The greater our resistance to any unwanted moment, the bigger that moment seems. The more we struggle to get over the mountain, the bigger the mountain seems to get.

- The consciousness that does not like the pain of fear and worry is the same consciousness that will not let go of the perceived reason for the pain. One part holding on, another part saying that it wants to let go.
- The very thing that you think will make you free is the source of your captivity. The changing of conditions reveals this.
- No 'I' can free itself from any other 'I' that it doesn't want. We need to awaken and realize a new and higher order of 'I,' one that can't be deceived and doesn't need to believe anything because it can see what is true.
- Get past the consolation of imagination. There is no need for an imagined savior because the savior is the awareness that sees imagination and puts it in its proper place.
- We are already free but do not know it. There is no past or future time in which you were -- or will -- become free.
- The very moment that you do not want is the moment given to you by a higher will. "Not my will, but Thy Will be done."
- "It's bigger than this" are the four words to help liberate you from worry and fear.
- There already exists an order of being that is bigger than any fear.
- Use unwanted moments to reveal the self that cannot exist without what it doesn't want.