



SUNDAY, JULY 31, 2022

## **Work With These 6 Words and Watch Your Fears Disappear**

Key Lesson: Part 1: It is impossible to be afraid of oneself, and be in command of oneself at the same time. Part 2: Whatever fear seeds in us, it breeds in us.

### **Talk Takeaways**

- Being fearless is not about conquering fear. It is about a new relationship with the consciousness within you, in which you see and understand more about yourself.
- Whenever there is a disturbance that comes with fear, you try to think yourself into a fearless life. Begin to doubt your own rescuing mind.
- The mind starts to become quiet when you begin to realize that it is impossible to imagine your way into peace, freedom and fearlessness.
- The only "place" that is not in constant conflict is the Presence Moment. There can be a raging storm within the sky, but the sky itself is not disturbed.
- "I'm going to watch you disappear" are the six words to work with whenever you notice that fear is talking to you.
- Disturbances are a necessary part of awareness of the consciousness that reacts in unwanted moments. But the mind tries to find a reason for the

disturbance so that it can know what is happening to it and take control of the condition.

- The moment that you try to seize control of a disturbing condition, you are giving authority over to a lower world of imagination that is powerless to change anything.
- The more you resist something you do not want, the more you attach yourself to that thing.
- Why would you be afraid of any machine that you know is a machine? Psychological fear is the negative by-product of a broken machine. Our task is to start watching the machine for self-knowledge sake.
- Nothing can be developed that will stand the test of time as long as we derive our life from the level of dreams and imagination.
- Instead of agreeing with your mind's interpretation of the disturbing moment, keep your attention on the consciousness that resists the disturbance and therefore creates fear. It is a machine and will eventually disappear when you stop giving it fuel.
- It is love that sees what is unloving. The purpose of a true teaching is to illuminate every corner of consciousness, not to escape from it.
- The world that you see is the product of the way that you see it through the eyes of a consciousness that is apart from the Divine. That consciousness lives in constant fear and conflict.
- You cannot think yourself into freedom. Identification with thought is anti-freedom.