



WEDNESDAY, APRIL 5, 2023

Wade Into Real Life and Leave Fear Behind You

First Key Lesson: Resisting the revelation of any existing limitation is like resenting the ocean because you never learned how to swim!

Key Lesson Part 2: Fear is the passive response to unconsciously resisting the object of (our own) negative imagination.

Talk Takeaways

- There isn't one moment in this life that doesn't come bearing gifts.
- It is possible to have an entirely new relationship with every negative reaction.
- Fear is the passive response to unconsciously resisting the object of our own negative imagination.
- Transcending our consciousness begins with a new awareness of our consciousness.
- We are passive to strong reactions when we are not actively aware of them.
- Strong reactions that we are not aware of produce a strong sense of self that make us feel active when we are really passive.

- People stay asleep spiritually because it is just so much easier to go along with the mob, interiorly and exteriorly.
- A divided consciousness is a consciousness that is in conflict with itself, not able to see the two opposites of want and not-want at the same time.
- If you are not feeling some level of discomfort, then you are not seeing the consciousness that is pushing you.
- There's no fear without the desire to come out of the moment smelling like a rose.
- To be negative towards another person is to have an enemy. See what it feels like to identify with those negative reactions.
- Seeing something negative about yourself does not mean that the negativity will instantly go away. It will repeat itself, but you change your relationship with it each time you see it.
- Something in you will judge you mercilessly as long as you identify with being at any level of spiritual development.
- The real mystery is to allow the moment to flower as it will, to observe it as it is, without "me" getting involved trying to figure out what to do about it.