



WEDNESDAY, APRIL 26, 2023

## **The Courage to Face and “Erase” Whatever You’re Afraid to See in Yourself**

Key Lesson: Part 1: Praying to change the world around us is pointless until we see that the world around us is the way it is because we are the way we are; only in the realization of this truth - and in our agreement to make the sacrifices inherent in its revelation - is there hope for the world, and for us, as well.

Part 2: No negative reaction to any revelation can change the condition that gives rise to it, let alone change the unconscious nature responsible for its painful appearance.

### **Talk Takeaways**

- The hope of this world rests in innocence. No innocence, no goodness. No goodness, nothing good, and when there's nothing good there's only that which pretends to be good.
- It is inevitable that there will be suffering each time you try to hide from the truth of yourself.
- A real man or woman never blames anything or anyone else for his or her experience of life.
- No one tells a lie who is not also living in fear of being exposed. No human being consciously chooses to lie.

- A negative reaction protects itself from what is feared, and what it fears is the image of itself.
- We can't separate our experience of the moment from the consciousness in which the experience appears.
- The mind is a machine always considering what to do about its experience, creating devices to avoid the direct revelation of itself as it is.
- You keep trying to not have reactions. Why? Because you think you're not supposed to be that person that has been revealed.
- In trying to save yourself, the self you're trying to save is not who you really are.
- You can't change as long as you want to be something other than you are. And as long you remain the same, you will repeat the same unwanted experiences over and over again.
- Know the truth, and the truth shall set you free from the circle of self that does not want to know the truth about itself.
- As long as you try to control the experience of what is revealed about yourself, it is actually YOU that is being controlled by the consciousness that wants to remain in place.
- The very attempt to control your experience means that there is something already there within you that knows how the experience should be. There is unnecessary suffering in trying to control your experience.