



WEDNESDAY, MAY 24, 2023

Walk Away from Anxious Thoughts and Feelings Before They Work You Over!

Key Lesson: There can be no fearful thought of any time to come - let alone the anxious struggle to control - or otherwise avoid it - without resisting a moment that has no existence outside of how we've unconsciously imagined it!

Second Key Lesson: Every dark shadow must pass; all such creatures are under Law. This same Law also holds true when it comes to the appearance of any fear or anxiety we feel moving into and through us...but only if we will dare wait there - unmoved - long enough to see it slip back into its native nothingness.

Talk Takeaways

- We live in a sea of sensations, which makes the dream we are in seem real.
- Each worried thought and feeling comes with a temptation to find consolation through what those thoughts and feelings suggest.
- The seeming motive for anticipating a moment to come is to get through that moment without something bad happening.
- The only way that you can look beyond the present moment into the future is by looking into imagination.

- Outside of practical applications, why do you ever look beyond the present moment? The answer is that there is no "you" who is looking beyond the present moment.
- Our task is to understand our consciousness instead of being its captive.
- The acronym "BITS" from the doctor story stands for "Before Its Time Syndrome." The other syndrome related to "BITS" is "FOONI" which stands for "Fear of One's Own Negative Imagination." Which is also connected to "SONOTNI" (phonetically pronounced "So not an 'I'), which stands for "Suffering Over Nothing Other Than Negative Imagination."
- The events that you cannot stop worrying about are not here yet, which means that the actual location of what seems like a challenging time to come is in imagination. If you are a captive of a time to come, then you are a captive of imagination.
- The only power needed to be free from the negative effects of a bad dream is to wake up from the dream.
- Fear, anxiety, worry, doubt, and every other painful state that persists only does so because of resistance to them.
- When fear, worry, anxiety, and doubt come knocking at the door, do not avoid opening it. You must open the door and become conscious of what's standing on the threshold.
- It is impossible to escape a reaction. The task is to do nothing other than be the observer of the reaction, which puts it in its proper place as a source of revelation.
- Wherever you go and whatever it is that you are experiencing, you are always experiencing yourself first and foremost.