



WEDNESDAY, JUNE 7, 2023

Freedom from the Painful Voices in Your Head

Key Lesson: Part 1: Here's the real reason why talking to ourselves about whatever is considered to be the cause of that "conversation" in our head is so exhausting: it's very hard work to make something (so big) out of what really amounts to nothing.

Part 2: The more we know about ourselves, the less we feel the need to talk to ourselves...about ourselves.

Part 3: Just because something can talk - or has a voice - doesn't mean it knows what it's talking about...that is, unless we believe a parrot understands what it's saying when mimicking words it once heard spoken in the past.

Talk Takeaways

- Any day that goes by without seeing something new about yourself is a wasted day.
- You cannot be receptive to new impressions when you are talking to yourself. But it is not really YOU that is engaged in the conversation.
- Talking to yourself is the activity of a divided mind that is trying to reconcile the conflict that it created in itself.
- Anything that engages in a conversation about "what if?" lives in mortal fear.

- The mind talks to itself in the hopes of finding something that will liberate it from the disturbance that it is talking to itself about.
- Every time you find yourself in psychological pain, you have been talked into it.
- There is no such thing as a healthy conversation you can have with yourself about yourself, in which the illusion of a "you" having the conversation is strengthened.
- You are not intended to have a dialog with yourself about the meaning of the moment.
- The only way to stop talking to yourself is to recognize that it is not "you" that is talking and not "you" that is listening.
- What is the sound of talking to yourself when there is no one there who no longer wants to hear it?
- New self-knowledge is separation from an incomplete understanding. A new impression is a new relationship with your own consciousness.
- When you talk to yourself about what you don't want, you believe that you are separating yourself from what you don't want, when really you are immersing yourself in it.
- When you become aware that you have been engaged in an interior dialog, at that point you can withdraw from the conversation and stop talking back.
- Don't resist or try to control the voices in your head. Rather, learn to impersonally observe them with alert attention.
- A machine does not know that it is a machine.