



SUNDAY, JULY 30, 2023

Find the Field of Freedom Somewhere Out Beyond Fear

Key Lesson 1: Faith flowers into Love; Love is the fulfillment of faith.

Key Lesson 2: To live with the perpetual fear you may "do the wrong thing"... is to be doing the wrong thing that you fear.

Key Lesson 3: Whatever may be the welcome appearance of some familiar path promising to lead you away from a moment in life that you fear, be not mistaken: it is, by any other name, the path of fear.

Talk Takeaways

- Imitation is fear, and the purpose of life that we learned from the world is imitation.
- Fear is an invisible prison, but our minds see the prison as being the opposing conditions that we run into when we are looking for freedom.
- You believe in your captivity because fear always tells you that you can escape.
- The divided mind lives in constant fear of losing what it believes will make it fearless.

- Thought always sees what it needs to see in order to confirm the existence of the thinker.
- Life is not a race to win. It is a school for your higher education.
- Every idea about what it means to be enlightened is a form of darkness.
- Fear does not exist outside of time, and time does not exist outside of imagination.
- Rushing is a way in which we try to avoid the very fear that is telling us to rush.
- An addict is compelled to keep current conditions and patterns in place, which includes the addict who is addicted to a sense of self.
- "Out beyond ideas of wrong-doing and right-doing there is a field. I'll meet you there." -- Jalal al-Din Rumi
- When the oasis that we run toward turns out to be a desert, the mind just imagines a new oasis, and on and on it goes.
- What imagination runs toward does not exist without something that it is running from.
- How can you learn the lesson contained within fear if you fail to show up for the lesson?
- What will happen if you let the moment come and go without interfering with it?
- Awareness recognizes and understands the activity of the divided mind.
- Life is not asking you to become something. Rather, life is asking you to see.
- Real values do not serve just one person. Real values serve the whole.