



WEDNESDAY, AUGUST 23, 2023

The Unimaginable Cause of Stress, Fear and Other Unwanted Moments

First Key Lesson: The majority of would-be aspirants believe the "heaven" they imagine is the same as being in the presence of an unimaginable level of Self. And when - as it must happen - they are "rudely" awakened from their dreams, they do what comes naturally: they go back to sleep, hoping to find the comfort of another new shelter, in yet another make-believe world.

Second Key Lesson: Our gods are as imagined as are the unwanted moments in our life that we pray to them to save us from.

Talk Takeaways

- Our lives are currently predicated on dealing what is unreal, the pursuit for answers to suffering that is blamed on outside conditions that seem to be responsible for the suffering but in reality are not.
- Every image that comes into your mind to lend you a sense of security also comes with a second force built into it that will prove it is unreal.
- A false sense of self, a false identity, is not separate from imagination.
- When we rely on conditions for a sense of self, then our identity will change whenever conditions change.

- The prodigal son turned around because he could no longer believe in the promises of imagination.
- A spiritual shock is a moment of seeing the falseness of something you always believed to be true.
- There is a completely different world that thought and imagination cannot touch.
- All complaints are imagination that you are owed something other than what life is giving you in the moment. Your conviction that you are owed something is born out of imagination.
- When you have a false foundation, every room built upon that foundation will fall when the foundation collapses, which it always will.
- We don't want to see our reliance on the unreal because it would mean seeing that our identity is also unreal, which is the last thing we want to see.
- Only something that is unreal could be in denial about a real fact that is revealed to you about yourself.
- Anything that threatens the end of an imagined life -- like death, for example -- is seen as an enemy.
- You imagine a time to come because something in your doesn't want the moment as it is. But your negative experience of the moment, in which you imagine a better time to come, is the result of imagination about how the moment should be.
- Start to disbelieve in the validity, reality, and necessity of your suffering, which is inseparable from imagination and the sense of self that comes along with it.
- There is no psychological suffering without identifying with something that has been imagined.