



SUNDAY, DECEMBER 3, 2023

The New Self-Understanding that Dismisses Nagging Fear and Self-Doubt

First Key Lesson: An important observation - giving rise to an equally critical question - that most people would rather avoid than do the work to realize its liberating answer: have you noticed there's no place on earth where you can hide that some moment you don't want...isn't still able to find you?

Second Key Lesson: Apart from providing simple food, clothing, and shelter for oneself, the entire painful belief that we must struggle to "survive" is a flawed, fallen human idea; it is a creation of a fear-filled, misperception of life born of having forgotten who we are, including the reason for why we are here on this earth.

Talk Takeaways

- Spiritual parables and symbols are intended to convey celestial principles that words cannot explain.
- One of the chief deceptions that we fall for is that something is missing from our lives, and that we will be able to acquire it in a time to come. As a result, we don't want anything that gets in the way of that ambition.
- We spend our lives trying to possess what we perceive to be good, and avoid anything that is judged to be bad.

- Psychological time does not exist without temptation. And all temptation is about escaping a past that is painful, and searching for a future that won't have that same painful experience.
- The feeling of fear comes with the feeling that something is stalking you, something that wants to prey on you.
- We are stalked by time, which becomes our master when we follow the temptation to seek for liberation somewhere outside of ourselves.
- The desperate search for freedom in a time to come is captivity. You cannot serve time and be free. It is a consciousness attempting to escape from the experience of itself.
- Conflict is the result of you trying to liberate yourself from the effects of time.
- See where you are trying to complete yourself in a time to come, where you are trying to escape FROM a past bad time and INTO a future good time.
- When you seek for freedom in a time to come, you are cut off from the awareness of timelessness.
- Whenever you feel stress or anxiety, you are trying to get away from something that is believed to be responsible for your pain.
- Useless suffering does nothing to change the consciousness that is suffering over what it doesn't want. Useful suffering exposes that consciousness as it tempts you to go back into imagination.
- Exercise: I'm not going to try to escape this moment. I'm going to let the experience of the moment reveal the qualities and characters that are producing it.
- The pure experience of consciousness is prayer.
- You cannot have the idea of success without the simultaneous idea of time.