



WEDNESDAY, JANUARY 10, 2024

Welcome This New Light that Takes Fear and Anxiety Out of Your Life

Key Lesson: Real life is change; it is creation revealing its endlessness. We can either realize our existence within its movement as a designated part of its Divine design, or can continue to struggle with unwanted moments in the false belief that our pain proves we know how the story of life is supposed to unfold.

Talk Takeaways

- In order to genuinely change our life, we need a change of light. And the light that reveals our consciousness hurts the eyes at first.
- The land of "one and done" that we are all trying to reach exists only in imagination. There is no such place. It is a mythological land. This is what mechanical religion and false teachers try to sell to you.
- If you don't see for yourself the truth of something, you do not know the truth.
- Negative reactions are born of resistance to moments that are perceived as being responsible for the pain we are in.
- The notion that you can get through and be done with whatever disturbs you is a dream that ensures you will meet that unfinished business again.

- "We are not human beings having a spiritual experience. We are spiritual beings having a human experience." -- Pierre Teilhard de Chardin (1881 - 1955)
- The illusion of mechanical religion is that we will find freedom in a time to come by escaping from whatever disturbs us.
- How is it possible to love our life one second, and then in the next moment we can't stand what life has put in front of us? How can one wave be different from another wave if they are both coming from the same ocean?
- The Yin-Yang symbol connotes the principle that there is no beginning and no end to the waves we experience. To fear these waves is not living.
- We are terrified of any change that we cannot immediately recognize our part in.
- The beginning and the end do not exist apart from each other. They are complimentary. Active and passive forces also do not exist apart from each other. Our role is to be their witness.
- There is nothing to fear in the coming or going of anything. What is coming is already going. When you feel fear, watch it come and go. The more you watch, the freer you will be.
- We live in fear of the end of ourselves because we have imagined and identified with the image of the beginning of ourselves.
- Real life is an endless agreement with the light that creates it.
- False certainty and conclusions are an attempt to be forever done with disturbances that seem to interrupt our lives.
- The end of our imagined life is the emptiness that we fear. In the end, all fear is the fear of the end of yourself as you imagine yourself to be.