



WEDNESDAY, FEBRUARY 7, 2024

Stop Getting Worked Over by Anxious Thoughts and Feelings

Key Lesson: Either we have command over our negative reactions or - without ever knowing so - our reactions take command of us, making us little more than unwitting servants of whatever painful thought or feeling we've empowered to push us around.

Talk Takeaways

- A sleeping human being is anyone who has made peace with the pain that promises to leave them alone in a future time to come when conditions finally change in their favor.
- When you have pain in your life, you turn to yourself because you do not know what else to turn to, and your solution provides a temporary consolation at best.
- The part of you that tells you what to do about the conditions or people that are bullying you around... IS the bully.
- Every belief is a bully.
- All bullies tell you what you need to do in order to be free of them.

- You are punished by a bully whenever you run into moments that you do not want, which does not match up with what you DO want. You can't "not-want" anything without also "wanting" at the same time. There is only one thing that bullies you, and that is what you want.
- When you are being bullied, the bully talks to you about everything personal in your life that you must protect against the threat of loss. We are bullied into protecting static images that we are identified with that do not even exist outside of imagination.
- Looking for a way to avoid pain is the same as being bullied by that same pain. The pain becomes something useful when you see the true nature of the bully.
- There is a relationship between the pain that you are in, and the part of you that names that pain. They are one and the same thing.
- Instead of seeing ourselves, we usually see the world through the eyes of the bully consciousness that fights with whatever it perceives to be its enemy.
- Does a "time to come" exist without the mind that first imagines it, and then identifies with that image?
- Unless our perception changes, the perceiver will cling to everything it blames for the pain it is in.
- A part cannot bully the whole. A part can only imagine itself to be the whole, and then bully and be fearful of anything that is perceived to be the cause of its pain.
- The only thing any of us really suffer over is what we think we know.