



WEDNESDAY, JULY 3, 2024

See This If You Would Be Free

Key Lesson #1: Honesty heals; lies hurt. In these four words live all one needs to know and practice - that is, assuming one wishes to be whole, harmless, loving, and true.

Key Lesson #2: It is impossible to heal ourselves and continue to lie to ourselves (about ourselves) at the same time.

Key Lesson #3: The only thing gained by any lie we tell ourselves (Or to others) is that it's possible, let alone wise...to protect a fear.

Key Question: What is any lie other than a futile attempt to hide (from others) something about ourselves that we fear - should they see it - would likely cause them to see us in a light that we ourselves don't want to be seen standing in? And, if this is true - as regards our relationships with others - can we see the only reason we would ever lie to ourselves about ourselves must be out of some unseen fear of seeing ourselves as we are? Which begs the question: whose fear, and whose lies...are these?

Special Writing: "The Biggest Lie in the Whole World"

https://gfmisc.s3.amazonaws.com/20240703_specialwriting.pdf

Talk Takeaways

- People who are addicted to something lie to themselves, listening to something in themselves that justifies their behavior.
- "An unexamined life is not worth living." (Socrates) The act of true self-observation is constant self-examination. Little by little, you will want to spend more time in a properly contemplative state.
- Through self-examination we see what it is interiorly that is presently harming us, instead of unconsciously agreeing to live under its authority.
- Fear is the result of living a lie that you do not know you are living.
- We lie because we are afraid of what will happen to us if we don't lie. We lie because we are afraid that something bad will happen if we don't.
- Lies are a demand -- by something that lives in the dark of us -- that the world recognize the image of itself that it carries around.
- All psychological struggles are to prove true a lie that you have been telling yourself.
- The big lie is: "I'm going to sort this thing out for myself." This unconscious nature is locked onto an image of itself and will fight with all of life in order to prove that the image is true.
- There is one majestic truth that is feared, despised and rejected by the masses: all lies will eventually be revealed to be lies.
- One big lie is that if you struggle along the old, familiar path just one more time, it will finally work out.
- Can you separate a lie from the fear that tells it? Or a fear from the lie that protects it? Fear is the father of lies, and lies the father of fear.
- Underneath every carefully-crafted appearance is the terror that it will be exposed.

- Anything that you are identified with will have to be protected through lies.
- Real growth begins with the negation of a harmful interior relationship that you did not even know you were in.
- You have to discover for yourself that nothing bad can happen to who you really are. So why lie?