



WEDNESDAY, SEPTEMBER 4, 2024

Stop Doing this One Thing and Start Being Fearless and Free

Key Lesson #1: When any lie is passed down from one generation to the next, it not only becomes what is believed as being true but, as such, becomes the unsuspected seed of fear, mistrust, doubt, and the pain of unseen self-conflict.

Key Lesson #2: The man who lies to himself - and who believes his own lie - comes to a point where he cannot distinguish the truth within him, or around him, gradually losing - as he must - all respect for himself, and for others. And having no respect he ceases to love anyone, including himself.

Key Lesson #3: It is impossible to protect ourselves from a fear, and free ourselves from the unconscious nature that clings to it.

Key Lesson #4: No form of self-deception is anything other than self-destruction disguised as some necessary form of self-protection.

Key Lesson #5: 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.

Talk Takeaways

- One particularly pervasive lie in our culture is that we believe that we are only as valuable as other people see us as being.

- Until what is concealed in us is revealed, it can never be healed.
- "This above all: to thine ownself be true, and it must follow, as the night the day, thou canst not then be false to any man." -- William Shakespeare
- Any thought that tells you the reason why you are having a negative experience is a lie.
- When we lie to people, we are trying to gain their trust.
- This fallen nature is always feeling threatened that it will lose whatever it is identified with.
- Liars are always bullies, whether it is bullying someone else or themselves.
- Lies are an instinctual act of self-preservation, a fearful nature protecting what it fears losing, that lends it a temporary sense of self.
- Lies make it impossible for the consciousness to become aware of the weakness that it fears. A weakness becomes stronger with each lie.
- Anyone that tells a lie is secretly in favor of the fear that the lie attempts to hide.
- Everything that has been buried will be uncovered. Love never stops bringing that which has been in the dark into the light.
- The Light of Truth transforms anything dark into a spark of Itself.
- The big lie -- the lie at root of all the little lies -- is that our true nature stands to lose or gain anything.
- Anytime you blame another person for your irritation, you have told a lie.
- Attending to what is truly practical does not have psychological fear in it. If there is fear in it, then it is lie to think that you are doing what is practical.