



SUNDAY, SEPTEMBER 15, 2024

Escape the Prison of Worry, Fear and Painful Anxiety with Just Two Words

First Key Lesson: Hanging onto a handful of anxious, worried thoughts to protect you from what they point to as a fearful moment to come, is like wrapping your arms around the anchor of a sinking ship because there's nothing left on deck for you to cling to as it goes down!

Second Key Lesson: No pattern has the power to change itself, any more than rearranging the spots on a leopard's coat would change the nature of how it hunts, as it stalks its prey in the deep jungle shadows.

Special Writing: "Patterns Hide Unseen Prisons"

https://gfmisc.s3.amazonaws.com/20240915_specialwriting.pdf

Talk Takeaways

- "Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these." -- New Testament
- Everyday you make choices that are given to you by something that is stealing your life.

- You believe that you are making an intelligent choice when you are afraid. You believe that the fear will deliver you from fear, that the anxiety will deliver you from anxiety, that the doubt will deliver you from doubt, etc.
- Until you begin to see your complicity with fear, there is no way you are ever going to be a free human being. We live in a complicit relationship with a divided mind.
- Fear does not just tell lies. It is the liar itself. The liar never stops creating the conditions that it needs to justify its existence.
- Judgment of yourself is part of the negative pattern of judgment. Unconditional freedom has no judgment in it at all.
- Fear projects a future that it doesn't want the very moment that it projects it. That nature fears the content of its own past experience that it calls the future.
- Is there really a self that can see anything at all when we listen to fear tell us how to get through the conflict we feel?
- The divided consciousness always finds something outside of itself to be against so that it can feel itself as being for something.
- You can't have a new mind and heart if you continue the pattern of protecting yourself every time you perceive a threat to who you think you are.
- The promise to relieve you from the pain is part of the pain itself.
- The mind imagines a negative time to come and then starts to ask itself what to do about what it sees. Questions about what should be done to escape from the pattern are the continuation of the pattern.
- There is no such thing as later when it comes to negative states. Fear says that there is something from the past you need to be afraid of, and a time to come when you will be free.

- The two words that the woman in the story says to the interior liar that tries to compel her to do what it demands: "Prove it." When you challenge that nature to prove it, there is suddenly awareness of the pattern of fear, instead of just unconsciously living from it.
- The same nature that says you are in danger then tells you what to do to save yourself.
- It is faith to act on what you see and know is true. "Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done."
- Prove to yourself that fear is a lie. If you do that, you will see that fear uses pain and punishment to get what it wants.
- Real listening is the same as silence.