



SATURDAY, FEBRUARY 8, 2025

The Secret of Letting Go

How to Drop Fear, Worries, and Painful Regrets

Talk Takeaways

- Pretending to be a loving person, while inwardly being resentful, is pain.
- A nice deep breath will always help you to digest more of the many impressions that are raining down on you.
- The secret source of our painful, ongoing imperfections is our fear of them.
- We don't see the judgment in ourselves because we are identified with what we are judging.
- Creation is an unfinished business. Everything in creation is always being acted upon by the will of the Divine.
- We complete the purpose of our existence as we continue to receive what we need from that which gave us our existence.
- Everything that we experience in time is already a part of ourselves.
- You can't let go of anything until you understand that the pain, that you blame on something outside of you, is actually inside of you.
- An addict comes to the end of their addiction when they realize that they are powerless of themselves to bring an end to the addiction.

- Pain is not yours as a personal imperfection. Pain becomes personal when you resist it.
- What remains concealed cannot be healed. Pain is concealed when something outside of you is blamed as the cause. To be afraid of imperfections is to conceal those imperfections.
- We think that judgment proves we are perfect.
- "And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness." -- New Testament -- The weakness is that a part of you does not want to see imperfections.
- The nature that is in pain wants to know why it is in pain, but it does not want true self-knowledge.
- Everything that is created is incomplete, yet within that creation is everything needed to fulfill its possibilities. Human beings are created to consistently outgrow themselves.
- The idea of perfection that human beings imagine is the source of their suffering.
- The punchline of the story of the prince and the creature was: "Don't look away from me." The creature would have no chance to change if the prince looked away from it.