



SUNDAY, FEBRUARY 15, 2026

The Single Action that Cancels Any Crisis

Key Lesson #1:

It is impossible to imagine a better time to come without making more real a sense of self that is forever trying to escape the time within which it is trapped.

Key Lesson #2:

The fear of a crisis is the crisis feared.

Key Lesson #3:

There is no "out there"... out there!

Talk Takeaways

- Attempting to save yourself is the same as imagining about a better time to come.
- There is no such self that goes by your name that can do the good, which you then punish yourself for not being able to do.
- You never sincerely ask the question "Why am I afraid?" Instead, you are given answers as to what the source of the fear is outside of yourself.
- You are not separate from the crisis you fear. There is no crisis until a fearful reaction announces it is coming. Trying to escape from a crisis is the same as trying to escape from a reaction.

- Reactions lead to more reactions that seek to sort out other reactions, until you have a chain-reaction that goes on without resolution.
- Everything outside of yourself that you think you have to protect is secretly the protection of the sense of self that is identified with the object being protected.
- An imagined time to come is always inseparable from the unconscious nature that creates it. It says, "Somewhere, out there, a better moment is coming." Our entire lives are spent looking "out there."
- Presently we live in a circle of self that is self-justifying. The circle of self cannot continue without justification.
- The root lesson when you have really learned something is that, in reality, there is no "out there."
- "Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." -- New Testament -- Do not make a crisis out of what you see coming. Don't try to solve what doesn't exist without you having created it. There is enough for you to attend to without you manufacturing another crisis.
- You are always certain about what is out there that is the cause of the problem, instead of seeing the nature that tells you that the problem is out there.
- Stress is the revelation of an unconscious nature, not the proof that something out there is responsible for the stress.
- Fear cannot be escaped in a time to come. Anxiety cannot be transcended in a time to come. Hatred cannot be repaired in a time to come.
- Does the imagined future exist without the past that wasn't satisfied with itself? Past and future are not separate at all.
- Every time you look out there, you are feeding the crisis that you do not want.
- In reality, there is no crisis in the past or in the future. The crisis is the present creation of an unconscious nature that is itself a captive of the time it creates. When you are present to the activity of that nature, you can see the crisis for what it is.