**Wake Up and Stop Giving Life to the Fear that’s Killing You**

**Key Lesson:**

**Don't wish for freedom; *choose it*. Start by challenging the false notion that, of itself, fear has any real power. It does not. Deliberately defy the painful presence of fearful thought or feeling that, left unexamined, makes you a prisoner of its dark domain.**

# Audio file

[Insight Timer 07.30.22.mp3](https://1drv.ms/u/s!ACGainqVwk07g914)

# Transcript

Hello and good morning.

Good afternoon, good evening, whatever.

Time it is.

I'm just waiting to see if.

Katie is letting me know there's no additional noise.

I have a.

Little Swamp cooler running in the background.

It's been.

I would say unseasonably hot here.

On the northwest.

So let's just.

Take a deep breath.

Wait for everybody.

To join us if you don't mind, we can use this time to be quiet.

Hello from Warsaw, Warsaw.

It's nice to see all of you.

I don't.

Remember it in my lifetime and it's been a fairly long one.

I'm in my 70s.

A time when.

There was so much uncertainty in the world.

So much friction.

So many different.

Going on that.

Well, when you look at them and listen to them and you see.

The so-called leaders of this world, scrambling to try to.

Hold everything together.

It just seems as if.

And I hope you can follow all of this.

It just seems as if.

A way of life has been fashioned around.

Trying to hold things together.

I remember my mom and my dad.

God bless them, they're gone.

Good people.

But torn left to right, up and down.

Trying to

Find some modicum of peace.

In the world with their professions.

The things they did.

And I just wonder.

Where that ends.

I don't know about you, but.

It's hell.

Trying to hold on.

To a life that you just have to keep trying to hold onto.

We're so used to it.

We're so used to being afraid.

When I'm just trying to open up this.

Conversation with you.

How did we as human beings?

Get to a place where.

We would.

Rather, live with the fear.

Of losing.

What we call our security.

Which is essentially our sense of self vested in the images of the world that provide an identity.

How do we get to a place where we would rather live with this fear of losing ourselves?

Do the work of losing that familiar sense of self.

That's always trying to protect itself.

There's a song.

Stevie Wonder.

I hope that most of you at.

Least recognize the name.

Brilliant songwriter Motown artist

Wonderful man, actually.

He wrote this song called Superstition.

And the opening line essentially was when you believe in things.

That you don't understand, then you suffer.

When you believe in things that you don't understand, then you suffer.

When did it happen?

That we.

Found ourselves find ourselves as the case may be.

Always trying to make peace with some kind of fear.

Why is it so unexamined?

See that that's the.

The initial point I want to make.

I have a story or two to tell you and I'll.

I'll get there and start making these points, but I just want to ask a question.

How did we get to a point where whenever some event comes along?

And it seems to threaten what we have believed in.

And what we continue to believe in I might add.

When something threatens what we believe in that, we must have or do or be in order to be free.

How is it that in that moment our interest is in protecting the thing?

Protecting the identity.

The sense of self.

Instead of.

Realizing that we have been doing that.

For so long.

As to make it natural to us.

I'll give you an example of what I'm talking about.

And I am not.

Just asking you to look at what it is that I am saying and trying to show you through words to see whether it's true or not.

Does the shoe fit?

And it is humanity shoe, so I know that it does, but I'm going to leave it to you.

We believe, for instance, that appearance.

Is more important than substance.

We believe that appearance.

The way people see us, the way we see ourselves, that it is more important than substance and by substance I mean.

That the gravitas of a soul that has understood its purpose on this planet and is no longer serving fear, because.

When we believe.

That appearance is more important than substance.

We wind up serving a level of consciousness that just never stops trying to make sure that everything that is in place in our lives remains there, or at least doesn't shake visibly.

I mean, if that weren't true, then why is it that so many of us spend so much of our time collecting?

What we imagine we need in order to be fearless.

Or for that matter, pretending that we already are fearless.

'cause I get this so much when I'm talking with men and women.

Like, yeah, you know I'm you're talking about my brother, my sister, my mother, my father, but not I.

But you see, it's fundamental.

Where is most of my time and energy spent every single day?

On what doing what?

Thinking about what?

And again, I, I say that most of us, though we don't understand it because in some sense it seems perfectly practical.

In some ways it is.

I have to.

I have to maintain my life, meaning I have to make enough money to feed myself.

Hope God willing.

Good clean organic food.

If I can't then the best food that I can find.

That's healthy for myself.

But why is my?

Life taken up the way that it's taken up.

With so many anxious thoughts and feelings, so many worries about things that I have to attend to in order to change or control, so that in essence I don't lose what I call control of my life.

And I'm going to put this out there you'll do with it.

What you want to do with it.

But I tell you that any life that you and.

I have to control.

Is a life that is being controlled by fear.

Because we're not on this planet, you and I as human beings to control our life.

We are here on this planet in order to be part of a beautiful and divine.

I might add creative process and there is No Fear.

There is no psychological fear in this creative process that you and I are called to attend to on a moment to moment basis.

So to the point.

But what actually threatens us in these moments?

Is the things how do I say?

What actually is threatened in these moments is really the things.

That we believe in.

And please try to understand this, not the things themselves.

For instance, as an example, we believe that we must prepare in advance for everything that must that might happen to us.

This is a belief of ours.

That we must prepare for everything that might happen to us now I get it.

You know you, you work for somebody.

You go to work.

You have to prepare.

But I'm asking you.

I ask this of myself every day.

What is doing the proper work?

Being prepared for what I am asked to do, and by the way asked to do, doesn't mean commanded to do by some part of my consciousness that tells me I've got to keep everything in place or I'm dead meat.

What is it that I mean?

What does fear have to do with what I'm asked to do?

Unless I believe that what I'm being asked to do is to prove myself.

Over and over and over again.

See, that's quite different.

I have certain things that I must do practically.

For instance, I have to I want to give a talk.

I want to speak.

To you about fear.

Why would there be fear in me over talking to you about fear if there was fear in me?

It's because in that moment I want something from you and what I want is the feeling of delivering what I believe is a fearless talk and that you will confirm me as being a fearless human being.

So the whole time I would be talking, it would be fear talking, wouldn't it?

Pushing product, trying to make sure that everything comes off according to whatever this natures idea is of a good delivery of a fearless life.

The world tells us it's wise to be afraid.

That it's wise to stress ourselves over every eventuality, regardless the cost.

To ourselves, to our health, to our family.

And we don't really know what else to do.

That's the point of spiritual teachings is that we are brought into a world we are immersed in a level of consciousness.

Where fear is natural.

And I trust, especially if you've been listening to me for a while, and I hope that you haven't.

Especially if we start to think to ourselves, you know how many times am I going to get in my car on the way to a family dinner or to work or sitting at home doing something?

Preparing a meal for friends or family.

How many times am I going to spend doing that?

Feeling fear.

Fear over not succeeding at what it is that I believe I must do if I'm to be a successful person is a successful person someone who lives with fear and continues to control it, or as a truly successful person, someone who has begin to understand their task.

In life is not to appease fear.

It is to enter into this fearless.

It is enter to enter into this consciousness where fear is a complicit partner in its day-to-day activity.

Because it should be clear to us.

The more that we at.

You, you and I prepare.

To be fearless, the more afraid we become.

Have you not noticed that?

A new action.

Something that we must.

See the value of and if we see.

The value of it.

Replace some of the things that we already value that we do in order to keep ourselves from feeling afraid.

Here's something that we must do if we want to find ourselves having a fearless life.

And I I'm gonna quote here, come for a minute.

'cause this week Wednesday, last Wednesday and tomorrow when I stream my live talk as I always do and you can find out about that.

Go to my profile, click through, follow up with the profile.

I speak three times a week.

This week is.

A special week.

The end of each month is.

Because I always give a series of talks basically around a special talk on Sunday, we call it a Sunday of wisdom.

This week has been about fear.

About understanding the nature of fear.

Of what it takes for you and I.

If we ever want to have a fearless life, what we have to do and ever so quickly I don't know.

I think it was today Saturday.

I think it was Wednesday.

It might have been last Sunday.

A young man.

Runs into a brilliant young woman, a sculptress, a genius.

She she's able to craft the most extraordinary things.

Out of marble.

And he's so drawn to the art that she's able to exhibit to the character of her relationship between what she is and does, and that which she meets and extracts from the marble from the moment the parallel would be what she's able to extract from the moment that is so beautiful, so full of magic.

He says I want to learn.

I want to do that.

I want to learn how to do that please what do I have to do thinking?

Of course, as.

We all do 'cause everybody wants to be a master just like that.

That all I have to do is ask and then someone will give me a little sheet of instructions.

Then I'll be on my way.

She hands her she.

Hands him a little.

Chip, a little chisel and hammer.

And he says, what's this?

He says to her, she says to him, just do it.

Just do it.

What does it mean?

What was she implying?

She was saying that if you want to learn how.

To develop the art of a fearless life.

You're going to have to go into this rough material.

And start working at it, working with it, learning what it wants to teach.

You as you try.

To through your intention to develop and make something come out of that moment that is noble and good and beautiful and not full of marred.

Thoughts and feelings.

So I found this quote by Emerson and I I'm going to use.

It for a moment.

Here if you'll just listen to it because it I just do it.

Here's what he says.

So in regard to disagreeable and formidable things, this is language.

Emerson was quite the.

The wordsmith so in regard to disagreeable and formidable things.

Translation in regard to those moments that we don't want that seem to overcome us.

He says prudence, meaning wisdom.

Does not consist in evasion or flight, but in courage.

Wisdom does not.

Come forth when we run from the things that we fear.

But rather wisdom comes when we go into the things that we fear.

He continues he or she who wishes to walk in the most peaceful parts of life with any serenity must screw himself up to resolution.

The man or woman who.

Wants to walk through life.

Knowing that life never brings anything to that man or woman that isn't intended to enrich their soul.

Must gather himself or herself together with a certain resolution.

And that resolution continuing.

Now what he has written.

Let him or her front the object of his worst apprehension, and his stoutness will commonly make his fear groundless.

Let that man or woman go directly into not just the moment they fear, but the self that is sitting there producing the images of all.

That's terrible coming and let him through his stoutness through that stiffening of the spine based in spiritual understanding, let him make.

His fear seemed to be what it is in that moment, which is groundless.

He wasn't a motivational speaker.

I'm certainly have no intention in motivating men and women to take on yet another identity.

When the cause and the source of all the suffering inherit and fear is because we already have taken on so many identities.

Well, the task is to search out.

The part of ourselves that is so captured by, identified with whatever this dominant sense of self, is that instead of taking on yet another identity where we're going to pretend to be fearless March through life, clinging to ideas that promise to prop us up, when the when the stuff hits the fan.

Now let us examine that consciousness.

And no one can do it.

That's why she handed him the hammer and the chisel.

She said just do it.

Let's spend the last half of this talk looking at this together.

Can you see that?

All of our.

Fear producing beliefs share one thing in common and that we can see it if we want to.

Now I'm sure that if you are.

Joining me that.

We have all at some point thought to ourselves I no longer want.

To sit at my desk and worry about the outcome of my finances, the outcome of my health, I no longer want to sit and try to figure out how to get through to someone who keeps irritating me, but I'm afraid of what will come up in me if I, if I say something that just I don't want to live with the fear anymore.

And no more did we set this intention that we're going to start living without this fear.

Then fear begins to tell us all of the things that we stand to lose if we stand up to it.

I don't know if you've.

Seen this it.

It doesn't talk to us.

This this this lower nature this unconscious nature?

It is quite the the construct of various influences brought over through time.

Images, bodies of energy.

So that when we face a moment there is something in us that is measuring the moment we're in.

All the time.

And the thing that's measuring the moment is trying to decide what the moment offers us, what we can take from the moment, or conversely, because it's looking to take something from the moment this consciousness is comparing what we might lose or what we might not.

Get if we fail.

In that moment, to get what we?

Imagine we're supposed to have.

So it's just, it's just.

It's just sort of like the La Brea Tar pits I was.

Born and raised down in Southern California.

All of California to me is kind of like a La Brea tar pit.

Now all this stuff bubbling up and bubbling up from the past.

Pulling people into it, driving people forward, everybody trying to get away from the sulfurous smell.

Something is always trying to move us into a place where we will be able on one hand to protect what we believe we must have and who we are making us unable to see that as we try to protect these very things.

It's fear doing the protection.

So ultimately what we're protecting is a consciousness that's always afraid.

So in essence, what I'm saying is that we, we think from fear.

We actually think from fear.

If I'm trying to figure out how to come off right if I'm trying to figure out how do I keep everything in place?

If I'm worried about what you may say or do tomorrow, or what the world might deliver to my doorstep, that's going to drop me into some terrible position.

I'm thinking from fear.

But I don't know.

I'm thinking from fear.

Because this consciousness believes.

That the way to protect itself from what it fears is to do what fear tells us to do about it.

And I don't know if I can go back when you believe in things you don't understand.

You suffer.

We believe that our thinking about fear is the way to protect us from the very consciousness that lives in fear.

And it can't be done.

Should be clear to us.

But how do we unravel this?

So let me get into these stories quickly here.

There are certain things, one of them, and you might want to write this down when it concerns fear.

I've been talking about it.

I will again tomorrow.

I'll take another angle at this.

You might want to write this down.

When it comes to psychological fear.

The feel is real.

The Why is a lie.

The feel is real.

The Why is a lie.

Let me tell you a little story, because we all think we get that immediately, but we don't really.

It all happens so quickly in this unconscious, unconscious construction of this nature.

Imagine a man wakes up all of a sudden, finds himself in a room, and it's completely dark.

An example.

It doesn't.

It seem as if an unwanted moment when suddenly it crashes down on us.

That for a moment we don't know where we are, what to do.

And for that matter, even who we are, there's just a quick sudden sense.

That something has happened.

We can't see what it is yet.

We don't really know, and so we are in the dark as something in us tries to formulate what it is that's happened.

More on that tomorrow, but for now, here's the man he's in the dark Now.

Intuitively he starts to realize I'm in the dark.

What am I going to do?

How do I?

What there may be something in this room with me?

That I need to be afraid of.

Now this is people want to know.

Why are children afraid?

Children are afraid not because fear is natural, but because already part of this consciousness and in some ways it might be.

It might be something they bring with them into this life.

Or it may be that they were.

Unfortunately, as all of us were, it seemed so innocent to watch frightening movies, horror films seems so natural to play these games on video where people are killing each other.

To us, that's part of life.

But it's not life.

So these children, their minds, our minds, our little mind is.

Filled with all.

Of these images.

Of things that are frightening, terrifying, dangerous.

So when suddenly the lights go out for a child, the reason the child's afraid is because the only thing the mind has to call on to deal with the moment it's in that fear are the images and the content of itself, that's.

Party sitting there so it looks at what it thinks and believes may be in the room and then seeing the thing it fears now it is afraid of what it believes is in the room not knowing that what it's actually afraid of is its own belief and identification with it.

Now take that one step further here.

I am a man wakes up in this room.

It's dark, I know I need light, 'cause there's probably something in this room to be afraid of.

Something is going to happen to me.

So he's stumbling around and he comes to a table.

Can't see anything.

He's looking for a candle or a match or something, and his hand comes across a large stretch of rope.

And when he touches the rope and runs his hand on for a minute, the first thing that happens to him, Oh my God, it's a snake.

Oh my God, it's a snake.

Now, why does he suddenly have the fear of a snake?

Because he cannot see what he sees the moment later when he strikes a match and it's a rope.

And the minute he sees that what he believed was a snake isn't a snake, but a rope.

In that moment his fear is gone because his mind has been given the light it needs to see the difference between a snake and a rope.

It's a simple illustration, but it points to something that you and I must begin to work at.

Which is we must bring into our consciousness a certain kind of light.

We must align ourselves with a certain kind of awareness that as we enter into it instead of thought, the light of that awareness shows us clearly that what we are afraid of.

Is only as real as our identification.

With it in.

Other words, the light of awareness reveals to us that we've.

Picked up a thought.

That we're clinging to an old feeling because that thought that feeling is connected with an established sense of self that doesn't want to give itself up, but the awareness shows us this.

Here's an example to put all of this together.

Here's a young man.

I don't know how old is going to be, we're.

Going to make him 14 or 15 year old.

And his family goes to the State Fair.

And he's just at that age.

I don't know when it.

Was for you 1314 years old.

Where it the?

The certain parts of his physical development, and ultimately psychological, and finally spiritual development are.

Are asking him to be into more deeper relationships and so he he's wandering around.

He's a little bit.

Tired of the rides not completely and he's looking for a different experience and there he runs into a beautiful young girl.

She's getting cotton candy.

He's over there getting a an apple.

What do they call a candy apple?

Their eyes meet?

You've seen it in the films boom, there's a connection.

He feels that she feels it.

Now, for the sake of the story will make him.

Or her either way well?

You know they.

They come together, they exchange a few words.

They talk.

And it's obvious they'd like to see and know each other more, and he says to her where do you?

Live, I mean.

Would you like to go to a movie or something sometime?

And she says, I, I'd, I'd love to.

She said I live.

And she names the county that she lives in.

And when she names the county that she lives in.

His little spirit falls.

And the reason his spirit falls is because he's on the opposite side of that county and the two counties are divided by what is reputed to be a very dark, almost haunted forest.

Where it is said through the generations that people have gone into that forest and disappeared altogether.

And he's not old enough to drive.

And he's seeing himself.

How am I gonna?

'cause ordinarily I could take my bicycle.

I could find a way, but there is no Rd through this haunted forest.

How am I going to establish a relationship with something that I'm drawn to in this way?

I'm drawn to want to be an artist.

I'm drawn to want to be a patient human being.

I'm drawn to wanna know more about love.

I'm drawn to whatever it is I'm drawn to because there is something not only in me that draws me to that particular possibility, but that possibility is drawing that possibility in me to it so that there can be a marriage so a Union could take place and through what I'm drawn to develop the understanding.

Not of the thing.

But of myself, because that's why we're drawn into the relationships we're drawn into, that we might develop ourselves through the discovery that our consciousness already contains those characters, those qualities.

We discover ourselves through our relationships.

That's what this represents between the two of them.

He wants to discover himself through it, and he is drawn to her.

So they part ways, and he promises that come hook or crook he'll get over.

And So what do you think happens?

The first day?

I hope that you're following me.

He gets up.

He's kind of pumped.

Excited, he's gonna do it by God and he goes across the farm where he lives.

He gets to the.

Edge of the dark woods.

And he looks into it and maybe.

There's you know, here in the in the movie.

Who, who?

Some strange sound coming out of the.

The forest, a shadow, moves something cracks of branch and what is our young hero? Do you know what our young hero do is do's what our young hero does?

His intention is to go through the dark woods so that he can be drawn to and develop this relationship called life called love.

And he hears the sound and he wants.

To go in, but he's too afraid.

Turns around now, how many times have you turned around?

Said to yourself, you know I'm not.

Going to enable that person anymore.

I swear to God I'm not going to sit here and try to figure out what to say.

I'm not going to go through all those machinations of trying to figure out how.

If this happens, I need to do that and then if that happens where all that business in those moments we are drawn to want to understand ourselves instead of letting fear.

Tell us what we have to understand so we can be safe.

There is no such thing as a human being who lives in fear, who is spiritually safe, period.

So he gets back home and he's just walking through the kitchen door.

Imagine one of those old screen doors you know opens it.

Up there's a.

Creek he hears the sound and he thinks to.

Himself, you know what I can't?

What am I gonna do?

And the the natural need he has to develop himself.

Turns him around and he goes back to the woods.

Judging himself mercilessly for having been turned around by a little screech owl.

And he takes the first step into the woods.

And as fate would have it, his first step into the woods corresponds with the sun just setting on the horizon of the forest and the shadows starting to creep across the forest floor, and he sees the shadows and suddenly the thing in him that wants him to be afraid.

That is telling him you cannot do this because something bad is going to happen.

To you, if you step into this darkness, turns him around and he goes home, he has a footless sleep that.

Right?

Why does he have a footless sleep?

Because something in him knows that he's not meant to serve fear.

And the only way he really knows that he's not meant to serve fear is because something corresponding to a higher level of himself is telling him he needs to get over and to get to know this girl, to get to know himself.

Hope you're following this metaphor.

Then he sits in bed and he beats himself up.

Why do I keep saying yes when I wanna say no?

Why do I keep?

Handing myself over to that smart mouth of mine that makes that cutting comment when somebody does something that triggers me.

Why am I afraid of that man at work, or that woman, or what someone gonna say about me?

Why am I like that?

You see the the the feeling we.

Have that we're not meant to be like that isn't a form of judging ourselves.

It's the realization that we're not meant to live in this world.

Go through our life afraid we're meant to be able to.

Take the material of this consciousness in which this fear dwells because of all the past content collected there, forever measuring and comparing everything to itself.

We're meant to.

Be able to take that and begin.

As I showed, I think it was Wednesday or Sunday.

The the prisoners, these Michelangelo statues of men, emerging from this marble, were meant to emerge from this consciousness, not let it immerse us in its will.

So there is the boy back to the story.

He gets up the next morning and what do you think?

He feels.

Same thing you will if you are following me.

I'm not going to be turned back this time, meaning.

I'm not going to let.

This fear that I feel.

Tell me what is real about me and what I'm capable of doing.

So he begins to understand that he has this feeling that's real.

But it begins to doubt the reason why the fear feels that way.

And he begins to doubt it.

On 2 levels.

One because a little light is dawning on him.

That is helping him to see in some respects how pitiful it is.

That a young person, any person.

Can be turned into something that produces fear and explanation.

For it, instead of using the fear to produce an understanding that makes him fearless. So there he goes to the edge of the woods again, and he takes 1020 thirty steps in.

And because I'm going to run out of time here, I'm hoping you'll get the point every single time.

That he, what did Emerson say that he screws himself up to resolution to object?

To front the object of his worst operant apprehension every time he decides to meet that fear, he learns something more about the fearful nature responsible for it.

That's where the liberation is.

Not in controlling and changing the world, but in bringing this consciousness into the light of an awareness that begins to show us the fact.

I'm so used to this feeling of fear and its explanation for why I must do or be what it is compelling me to do or be that I've never questioned the consciousness that produces that feeling, let alone the identification with it.

And that's what he does.

Like the young woman told that man just do it step by step by step and with every step that that young man takes into that fearful consciousness into that jungle, that forest that represents that with every step he takes, he's that much freer from the grip of the fear that was keeping him on the outside.

Because he has begun to see the truth.

That it weren't that if it weren't for.

These beliefs when you.

Believe in things you don't understand.

You suffer.

Our whole sense of self.

That's why the the true teachings on this planet.

That's why they're it's so it's so difficult to us.

It's so challenging to us.

The the the identity is formulated.

And almost endlessly formulated.

Imagine that La Brea tar pit if you've ever been there, or any carpet.

You know bubbling up bones coming up blooper there for stuff bubbling up all the time that our consciousness.

In the in its.

Sleep state always has something because something is always touching it.

Something is always moving it that to be alive is to be disturbed.

Something is always producing in this consciousness something that's.

But we're so used to identifying instantaneously with what bubbles up and we identify with it through what our beliefs tell us.

That thing that.

Just bubbled up is so we're almost caught in an in.

We are almost caught in a condition that is hopeless except.

For one thing.

And that is.

That we can see the condition that continues to produce this identity.

And the seeing of this identity is the beginning of freeing ourselves from it, because that which can see this bubbling up of old content.

The appearance of these beliefs telling me, well, you know what this is different this time.

You know the the woods are extra dark or there's so much more at stake.

Or what if I get halfway through the woods?

And there really is a monster in there.

Now what am I gonna do and thought?

Fear never stops talking.

Fear never stops showing you something that you need to be afraid of.

Whereas at the same moment living in this consciousness is a light that wants to show you this punishing projection of negative imagination, so that you can begin the process of separating the wheat from the chaff of separating this fearful consciousness from an understanding that who and

What you are?

Is not meant to live with fear, let alone with what fear does to us because of our complicity with it.

And when that young man finally steps through on the other side of that dark forest.

And believe me.

Actually don't believe me.

Find out.

When he steps through on the other side of the forest, what do you think he's won?

When you talk to it then what do you think that?

Yes, of course, and that's what all these stories of Prince and princesses you know heroes or what do you think he's won?

Sure, he might win her heart.

But he's won his own heart back.

He's won his God-given right to understand.

The idea of just do it is the same as understanding it's already done.

I just have to go through that.

I have to go through seeing that it's done.

I have to go through seeing that I'm that not only am I not meant to live with fear, but the very fear I've lived with can be the door, the gateway into a fearless life.

If I'm willing to step into it.

I think that's probably good enough.

If you can.

Find me join me tomorrow.

I'm gonna go into this even more deeply.

And remember it you don't fail.

If you step into a fear.

And you find yourself running backwards.

You fail if you keep stepping backwards out of fear of what you might find.

If you step into it.

Take each step.

Don't try to be a hero.

Don't try to be some spiritual muckety.

Muck some insane image that you have of yourself as being someone who's this or that or the other.

That's all insanity.

Just find out.

Test it.

If you do that, you will be given a triumph that cannot be described because God himself, because the divine intelligence itself will show you that perfect love casts out fear and it is perfect love that gets us to take these steps after steps after steps.

Because what do we find on the other side?

Of the forest.

We find out that we've always been free.

Be safe, do your work.