

## (React; Respond)

### Nothing More

"You will find therefore, that if you get with reality, all thoughts of delusions disappear, all thoughts of delusions disappear."

"But you must remember that the secret to all of this is not to be afraid of fear. When you can really allow yourself to be afraid, and you don't resist the experience of fear, you are truly beginning to master fear. But when you refuse to be afraid, you are resisting fear, and that simply sets up a vicious circle of being afraid of fear of being afraid of being afraid of fear. If then you try to obliterate fear, you're working in a wrong way. To attack at fear is to strengthen it."

"As if you were God, that is to say, you don't trust anybody and you're the dictator and you have to keep everybody in line, you lose the divine then. 'Cause what you're doing is simply defending yourself. So then the principle is the more you give it away, the more it comes back."

"The meaning of the fact we see that everything is dissolving constantly, we're all falling apart. We're all in a process of constant death. Then you truly understand that you don't have to let go because there's nothing to hold on to."