

Love is who we are
Helpless, Hopeless and Worthless only learned
See it to free it



[00:43](#) Love is what we're born with. Fear is what we've learned
[04:15](#) Grace is always present inside us, not far away
[04:45](#) Guided Meditation -- Flowers bend with the rainfall (Click Timestamp)
[17:12](#) Go-Rounds
[28:39](#) Teaching Segment
[31:09](#) The human side of us spends much of its time stumbling along on the personality level
[31:37](#) We live as if we were the main character in a movie, instead of the one seeing it all unfold
[32:04](#) We struggle when we see ourselves in a general way, because Healing happens specifically
[32:50](#) Help me see the problem so I can turn to it! -- ACIM

[33:05](#) As spiritual beings, we also have a human personal identity formed early in Life
[33:35](#) It helps so much to see what our Fear is made of -- Helpless, Hopeless and Worthless
[34:19](#) They are not who we are. These are learned behaviors
[34:40](#) Healing enters when we express our fears specifically
[35:08](#) We often feel distress in an unspecified, vague way even when in its grip
[36:08](#) Clarity of understanding, and then feeling freely from that rock, is where the Healing happens
[36:22](#) When we see the distress more clearly, we release our attachment to that past moment of pain
[36:50](#) When we cling to the story, we haven't felt the pain
[37:00](#) The story is not the enemy, it's just the messenger
[37:42](#) Helpless, Hopeless and Worthless are three primary energy currents in every human being
[38:17](#) We know we have these when there are places we hold back from actively engaging in Life
[38:40](#) This is not a weakness or character defect, it's a Wound
[38:50](#) Early in Life, our spontaneous energy was shut down
[39:15](#) We all have places where our Spontaneity is missing, and we miss it, and we struggle with missing it
[39:30](#) This is really Self-Agency. To heal it, we have to feel it. To feel it, we have to see it.
[40:10](#) We learn Worthlessness when our legitimate, essential needs for safety as a small Being are not met
[41:15](#) We're left on our own and learn to fear
[41:50](#) Helplessness sets in when our natural impulses to explore everything in Life as a small child are frustrated
[42:50](#) We learn Hopelessness when our primary caregivers don't provide the basics of positive attention
[43:48](#) We form a personal identity around a unique, personal combination of these three energies
[44:16](#) Uncover and understanding this helps us see our Real Unmet Needs of a lifetime, still present to this day, no matter our age
[45:20](#) How do we deal with Hopeless, Helpless and Worthless?
[49:20](#) The primary healing of whatever we're going through, no matter how intense, is to be the Voice we've waited all our lives to hear
[58:26](#) Meeting our real unmet needs comes from the Real Self, not the mind/personality
[1:16:58](#) All of Heaven and Earth want to assist us right now, right here, in our own Life
[1:26:58](#) Closing Guided Meditation -- Love is my true Nature. Love is what we're born with. Fear is what we've learned.