

CHAPTER FIVE

RELEASING FEAR

Fear is a constrictive energy field. When we feel it in our body, we have an urge to curl up in order to protect ourselves. Fear is initially felt in our bodies, and we have many sayings to attest to this, such as, “I was so frightened my knees shook,” or “that scared the ___ out of me.” Fear is a very visceral emotion and often makes us feel we can’t stand on our own or we want to move our bowels. The problem is that fear feeds itself. Once we feel fear in our bodies, it frightens us, and then we feel more fear. Unfortunately, we have developed behaviors that actually exacerbate our fear, when what we want to do is release it.

One of these behaviors is to try to hide from fear by receding further and further into whatever appears to offer us safety. This could be staying home, isolating ourselves, eating too much, or taking drugs. On the other hand, some of us try to attack fear by lashing out at it with anger. However, fear is only an emotion, and fighting it merely combines it with anger making the fear especially toxic. Also, once the anger dissipates, the fear is still there because we have not directly confronted it or released it.

Remember, fear in itself is neither good nor bad. Fear is the waste material of the third dimension. Fear simply *is*, like garbage *is*. It is what is left over once the constant rush of adrenaline from the battles of life is depleted, and our body is trying to clear itself.

Direct confrontation of our fear is possible when we have our higher SELF at our back, and this confrontation is best begun inside of our mind. There are, of course, situations where we are in danger. In these cases, our fear is a valuable warning, and we don’t want to release it until the danger is over. After all, if we had no fear, we would have no warning. However, there is also the danger of the “enemy within.” This enemy stops us on our path of self-awareness, but fighting with our self will only dissipate our energy and distract us from what we are trying to accomplish. This is the time when we need to

feel the fear and do it anyway. But how do we do this once we have allowed the fear into our conscious mind?

Try observing fear in this manner: Take a long, slow, deep breath and feel the feeling of fear. Then, without comment or discussion, take another long, slow, deep breath and release the fear with a long exhale. In this calm state, we can determine the source of the fear—whether it is a warning or merely more anxiety coming from our unconscious or from others. If it is a warning, we can take the warning and proceed with caution.

On the other hand, it might well be coming from a repressed memory that has not been cleared from our unconscious and that we are projecting onto the present. As we focus on our Multidimensional SELF, we often feel strong enough to remember fear that has long been hiding in our unconscious mind. Because of the support and unconditional love we feel from our SELF, we are strong enough to confront this inner saboteur—the forgotten, wounded part of our self that will not allow us to move forward. If we can be conscious of our inner saboteur, we can calmly confront it and give this wounded part of our self the recognition and love that it needs.

Still other times, the fear we feel is not even ours. We live in very challenging times, and many of the people around us, as well as the collective consciousness of our planet, are afraid. Remember, whether we are aware of it or not, we do have telepathy and empathy. Therefore, we can feel fear that is not our own.

Once we have accepted the warning, identified that the fear is not our own, and/or recognized and loved our wounded self, we are ready to release the fear. First we can take a moment to remember that fear is merely what is left over from our many experiences of life. We have done whatever we felt was necessary at the time, so it is time to thank fear for its message and release it. Then we can take a long breath and clear it from our Physical Body, excuse it from our Emotional Body, and push it through our Mental Body—before we have a chance to think about it. We can then allow our Causal Body to see the cause and effect of the fear and ask our Spiritual Body to dissolve it with love.

Eventually, we will learn to identify fear simply by its feel and not attach it to anything external or internal. In this manner, we can learn to allow fear to just *be*, like a flea, a snake, or a

sunset. *Fear just is!* If we don't get attached to it, it will merely flow around us. When fear merely *is*, and we do not attend to it, the energy field of fear begins to dissipate. This method of dealing with fear is like swimming with sharks. If we find a shark next to us in the water, and we become hysterical and desperately try to swim away from it, we will look like prey and attract the shark's attention. On the other hand, we don't want to be so unconscious that we bump right into it. Our best plan would be to stay calm and slowly allow the shark (our fear) to pass us by.

Fear is a third-dimensional negative thought that has been highly charged with negative emotion. Too often, fear is thrown out into the fourth dimension where it collects in the Lower Astral Plane, waiting for a chance to be swept back into the third dimension with the next waves of collective fear. If we feed fear with our conscious attention, or even our unconscious attention, it would be like feeding the shark. The best way to stay out of attachment is to remember that fear is a constrictive force, whereas love is an expansive force. If we can think of and feel love for something or someone, even our self, we can *expand* our consciousness and allow the fear to flow through us.

MEDITATIONS TO RELEASE FEAR

BREATHING OUT FEAR

Take three long, slow, deep breaths.

With each exhalation imagine that your consciousness gets larger and larger until it fills the room.

Take three more long, slow, deep breaths.

With each exhalation imagine that your body gets larger and larger until it fills the room.

Take three more long, slow, deep breaths.

With each exhalation imagine that you can see the spaces in between the particles of matter of your expanded body.

Now, see the vapors of fear as they approach you.

Calmly observe them as they move past you and through the spaces in between your expanded form.

Do *not* attach to the fear. Simply allow it to flow through you.

DAILY DEALINGS WITH FEAR

This exercise is to identify whether fear is a reality (a warning of true danger), or a feeling. Rather than constantly pushing fear into your unconscious, take a moment to be aware of it and to differentiate between danger and feeling.

If fear is a danger, ACT ON IT!

If fear is a feeling, LET IT GO!

Go through the day identifying the feel of fear.

Identify the fear and LET IT GO!

Notice, did the fear bubble up from your unconscious self to be released?

Identify the fear and LET IT GO!

Notice, did you have a thought that created the fear?

Identify the thought and LET IT GO!

Gradually, without effort, allow fear to lose its power. Imagine the fear getting smaller and smaller.

As it moves further and further away from you, tell yourself,

“Fear *is*, but it is *not* me!”

LISTENING TO YOUR THOUGHTS

Since most of us seldom stop our constant activity, choose a moment of mundane action while driving, doing the dishes, waiting on hold on the phone, etc., to *listen to your thoughts*.

What are you saying to your self that is demeaning or frightening?

LET IT GO!

What are you saying about your life that makes you feel out of control and frightened?

LET IT GO!

What are you thinking about the world that makes you frightened?

LET IT GO!

What are you saying about others that gives them power over you?

LET IT GO!

Are you thinking of responsibilities and duties that you are not able to fulfill at this time?

LET IT GO!

MANTRA

I now take *all* power that I have ever given away
to any
 person
 place
 situation, or
 thing
 and I *own* it for my SELF!

IMAGINING A WORLD WITHOUT FEAR

Take a moment to imagine life without fear.
Imagination is fifth-dimensional thought and therefore carries
great power.

Imagine a reality free of worry.

Imagine what you would think of.
Imagine what you would feel.
Imagine what you would do instead of worry.

Imagine a reality free of *all* conflict.

Imagine how your life would be.
Imagine how your communications would be.
Imagine how your relationships would be.

Imagine a world without money.

Imagine what the answer to your problems
would be when getting more money is no longer
a goal.

Imagine a reality where your value system is not
based on monetary wealth.

Imagine what you would value then.

Imagine a world without longing.

Imagine what you would long for when you have
everything.

Imagine what would make you feel fulfilled.

Imagine a world without separation.

Imagine how you will relate to others when you are united with everyone.

Imagine a reality where you commune rather than communicate.

Imagine a world where you love your body.

Imagine how you would look.

Imagine what you would eat.

Imagine what you would do.

Imagine a world without death.

Imagine how you would feel without the fear of death.

Imagine what you would *do* when there were no time limits.

Imagine a reality where there is *no* beginning and *no* ending.

Imagine a world without fear.

Imagine *how* you will love without fear.

Imagine *where* you will live without fear.

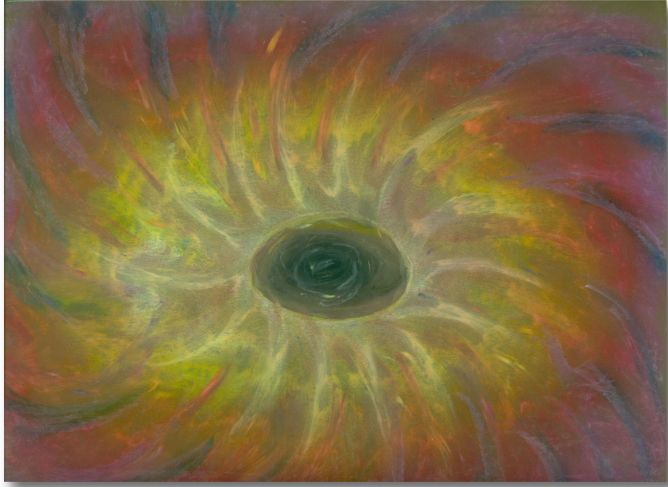
Imagine *what* you will do without fear.

Imagine *who* you will be without fear.

Imagine *when* you will be without fear.

FOCUS ON WHAT YOU WANT

NOT ON WHAT YOU FEAR.



THE CIRCLE OF FEAR

I had a dream, or was it a nightmare? I can't remember much, but I do remember the fear: fear of the unknown. I was somewhere, anywhere. It didn't matter. What mattered was the noise. It was a noise like a loud knock, a knock of something or someone who wanted in.

When I heard this knock, the area around the noise started to decompose. In a circular pattern, the wall or the floor or the furniture began to morph into something different, something that looked like liquid light.

I was terrified and so was everyone around me. Many children needed my protection. Were these the children outside of me or the children inside of my mind? I, too, needed comfort, and I clung to my mate for love and safety.

What was this phenomenon, and what could I do to stop it? Those around me looked to me for intervention, but I, too, was afraid. How could I help anyone when I was so frightened?

Well, of course, I couldn't. First, before I could help anyone else, I would have to confront the fear that I harbored inside myself.

Then it happened again, louder than ever before. The children ran to me for cover. I had to do something. I had to face my fear for them.

The circular pattern of morph opened on the floor just before me. I knew that love could conquer all fear. Could I find the conviction to put that knowledge into action? Could I take the risk to love that which I feared?

I leaned forward and sent all the unconditional love that I could find in my heart to the swirling circle before me. The love that coursed through my body eased my fear and gave me the courage to bend over and tentatively stroke the air above the circle of fear, much like I would stroke a frightened child. In just a few moments, I was actually able to lovingly stroke the circle itself.

Slowly, the circle ceased its swirling, and the ground before me became normal. But what was normal? Was it normal for everything to be hard and dense and filled with fear? Or was it normal for everything to be a swirling vortex of liquid light?

What was it that was trying to enter my reality, and why did it frighten me so? I only know that it changed my world, just for a moment, and made everything that had been dense and hard into a swirling vortex of light. I guess I will find out if my dream was the warning of destruction or the promise of transformation.

Only time will answer my question,
but at least now,
I am *not* afraid.