

FACING FEAR

by EdB

*"The biggest fear we have, is the risk to be alive and express what we really are." *

Don Miguel Ruiz

FEAR: a distressing emotion aroused by impending danger.

We have a certain reverential awe for this innate emotion called fear; our survival mechanism responding to negative stimulus. What is at the root of fear? How does it influence us, and how can we change things?

Tracing fear I find myself staring at neurons in the brain. Its response is linked to activity in the limbic system; the brain structure that supports a variety of function including emotion and memory. Causing huge amounts of stress, debilitating our health.

FEAR : Ego based action.

Most fears arise from the mind of self grasping ignorance. Self grasping ignorance of the way things are; the root of delusion. When we are blind to the nature of our world, we experience fear and suffering. The source of this fear lies in our conviction that things exist 'out there', independent of our mind. When we see directly that everything is projected by our perceiving awareness, our fears will disappear. Things may appear as solid, real and independent of the mind, in reality they are as insubstantial as a dream.

When our ego is in control, our actions and thoughts are based on fear. When we stop identifying ourselves with the ego, which is no easy task, we find ourselves awakened to 'heart based consciousness'. Suddenly we receive glimpses of our true identity, our unique-ness; individually. Heart based consciousness is motivated by love. We are all multidimensional beings; we manifest ourselves in many different realities. Once we become aware that we can let go of ego based energy, we can let go of conditioned behavior.

Hopefully we can go beyond ego and get in touch with our greater self; realizing the multidimensional entities

that we are. When we unravel ourselves from the grip of the ego, we may find ourselves in a state of confusion for a while. But we must find the strength to forge ahead, and deal with the raw, naked truth that gets exposed. Muster the courage to accept and understand its origin and allow it to be. Integrate tolerance in our attitude, and gradually we have created a new way of looking at things. Our ego has become transparent and we are able to understand our actions. Here we have to be prepared to look at ourselves with an open heart and with sincere interest. We have to be willing to accept who we are at this moment.

*** Too many people are thinking of security instead of opportunity..." ***

Politician/ Author James. F Byrnes (1879)

We all have excess baggage that we need to plow through to purify our souls. With an open mind, and conscious of heart energy, we carefully tread the sometimes painful landscape of our past. We can take note and create room for understanding, particularly spiritual understanding. Buoyantly we will realize that we are master of our own reality and are able to accept and understand the meaning and purpose of our life's path. We will come to understand that there is an element of 'free will' present in everything that occurs and we learn about taking responsibility for our actions. When we accept our own responsibility, we are free.

Once we get in touch with the consciousness underlying our different roles and identities, we grasp the meaning of life on earth; we experience pure love & happiness. We can be playful with the aspects of duality and use it to bring creativity and joy into our lives. One important step towards getting in touch with the stream of oneness, the divine consciousness that is the undercurrent of all our experiences, is to learn to recognize the difference between ego based messages and intuition. The main thing to remember, while you explore self, is that genuine intuitive guidance comes from a place of love; inside the heart center.

UNENDING CYCLES

Consider the noise of ego and invite more fear; fuel the drive for control. Be mindful of the voice of intuition, and summon the flow of love. De-fuse fear and align with love; truly believe that the world is abundant and

that you are unconditionally safe and you will be lead by the voice of intuition. You will be able to tap into your highest, true self. You will be able to step away from social conditioning and from ego/fear based behavior.

If you are able to allow ourself enough time, patience and love, you will find yourself fully awake in a moment of clarity in which new understanding is gained. Hence you will experience life differently and new possibilities are opened. Changes will occur in patterns of thought, emotion and behavior, which allows the possibility of spiritual maturity. It is well worth investigating.

*** " Knowing what must be done, does away with fear." ***

Rosa Parks, Civil rights Activist