

## FACING FEAR

Fear stops us from reaching our potential, it keeps us on the run, always hiding. Fear is the primary reason behind our pretence, justifications and our lies. Fear is like a blanket cast over our heads, it prevents us from seeing clearly, it is suffocating, it keeps us groping in the dark trying to find our way. Fear exists primarily because of our concern about being 'found out' and with that all we have hidden from ourselves, and the world then comes into full public view. It is our poor self image and feelings of low self esteem that keep us trapped by fear. The personality we have acquired as a result of our life experiences lead us to believe we are one thing, whilst in reality we are actually something else, but we do not know what that 'something else' is and we are too afraid to find out in case we do not like what we find.

Much of the way we are is a performance; we are caught up in a series of role plays. These roles are what we call our personality, which has now become so rigid in its construction and so believable to ourselves and others that we dare not question or challenge it because that would be too scary. So, we continue to be something we are not because we are afraid to be anything else. We are trapped by a false hypothesis that keeps us locked into these various roles, they then sustain our negative relationships and self-limiting lifestyles. That false hypothesis sounds something like... "What if I were to find the real me... if there is such a thing, I might not like it... maybe it is worse than what I am now"?... Therefore, let me hang on to what I know and what is familiar".

Fear is the worst form of paralysis, it prevents growth and disables the mind, body and spirit. In order that we can transcend its disempowering influence we need to understand it. So, what is fear? Why does it exist? What can I do to be free of it? Fear is conceived from lack of knowledge and clarity; it is about not understanding. Fear is an illusion that constructs its own reality and so its many creations seem real. Fear is about loss of control, feeling we have no power. The manifestations of fear are many and what we urgently need to do is to understand that fear actually seeks to protect us but because it is a defence mechanism that no longer operates within the boundaries of reason, it causes more harm than good in its aspiration of insuring our survival. Once we realise that fear does not, in fact, seek to destroy us we can begin to see how it can be transcended.

The solutions to fear are found in facing it, our whole culture, socialisation and attitude to fear is geared towards running away. It is as if we believe the greater the distance between us and our fear, the safer we are, but if we truly examine this position, we see it is flawed. Our fear does not actually live outside of us, it may manifest outwardly and be linked to specific objects, events and people but in reality, fear lives inside of us and external things simply trigger it, reminding us it is there. Hence the myth, if we go in the other direction from our fear, we are somehow free, when all we really do is take our fear with us. Facing fear is about recognising that I have the resources within me to manage any situation. It is also about increasing self-knowledge, self-awareness and self-belief. Facing fear is about knowing that fear exists where there is ignorance and lack of power within the self. So, our mission to transcend fear begins with building up our self knowledge, awareness and strengthening our self belief for that is where our power comes from and as we build that power within, and nurture and sustain it, fear begins to evaporate as it can no longer feed off our ignorance and emptiness and in its place understanding, clarity and liberation slowly evolve. Begin today looking at your fear not as your enemy but as your guide, ask it what does it come to teach you? And if you learn to listen you will begin to grow. Do not run away, move towards your fear and your solutions will unveil themselves.