

Tools for Living Free

NUMBER 30 IN THIS ONGOING EDUCATIONAL SERIES

The Antidote To Fear

From the Satsang, "Are You Fearing and Tearing or Caring and Sharing?" (TAPE No. A68)

"I want to talk a little bit about living in fear and living, in your tears versus caring and sharing... I want to start... by telling you about... This person graduated from college and she, like most college kids wound up in debt but it was the kind of debt - the amount that most people would kill for - that it was very little compared to what so many kids graduate from college with. And she was working as a paralegal and she sat there the whole day - and this had been going on for a couple of years - thinking the same thoughts. And what were the same thoughts that ran through her head? But "one day I'm going to use the great education I got. All I want to be is an attorney because I can really help people and I want to use it to help people." Every-day, day after day, week after week, month after month she sat in this. And she'd been working in this firm for a couple of years.

And I'm sitting there reading the article and I was fascinated. Boy! How long do you have to sit in your shit before you'll move? And she was sitting in her fear. And the thing that I couldn't understand is, okay, all she did is want to be an attorney... Okay, so she gets some more debt. And then through the course of her life she makes enough money to pay it back X amount of times. What's the trouble? What's the problem? So, on a rational, sane level it didn't make any sense; particularly as her debt was relatively low to start with.

And I thought, well... it's really as good an excuse as any. Because that's what we all do. She was using, "oh, my God! I don't want to have any more debt" or "how am I going to pay it back?" totally oblivious to looking at it and the rational analysis... But she couldn't get over that initial hump. And isn't that what so many of us do? We sit there in our fear wishing, wishing, wishing... but I also felt that she wasn't not only being fair to herself, she wasn't being fair to those people that she could help if she just completed what she wanted to do. Those people were being cheated out of her. So, it affects everything. And isn't that what happens? Isn't that what we do? Our fear affects not only ourselves but everything."

"So, she sits in her fear and it grows and it grows and it grows. And before you know it something that's objectively very small becomes a mountain and it becomes insurmountable. And

that's what so many of us do - we have a fear. We feed it. We sit in it. We sit in it. And then what? It gets to be so big. But what's the remedy here? What's the remedy? Well, the remedy comes from the 'problem' and what's the 'problem'? The problem for her is the problem for everybody. And that is the misidentification. She honestly thinks she's this person in the body with debt and a paralegal who graduated from this school. So, she's all identified with herself. And she's forgotten that she's Soul, she's Spirit. And that Spirit is alive on all levels. Spirit lives in God and with God and is always supplied. So, somehow she's causing her own separation... This person is forgetting. And has forgotten. And that's how we all sit in fear because we've forgotten our True Self. So, that's the remedy; isn't it? To go to God, go to God."

"And with all the people that have come to me and talked about their 'money problems', in all honesty, I have never seen a 'money problem.' I've never in all these years seen a money problem. What I have seen is a problem in consciousness. And I've seen other things going on, other dynamics. And money is used to accomplish that. So, for instance, if I want to go on in my life - and I'll just use the same example - and for me to go on in my life I may have to leave a background I'm very familiar with. I might need to leave people I care about. I might need to leave an environment I care about, etc., etc. Well, then, I'll very easily say 'well, gosh, you know, I don't have enough money to do that.' That keeps me nice and safe and I don't have to risk anything. I don't have to grow, I don't have to expand and I'm just fine - so I think. So, money isn't really the problem. It's not that I don't have enough money. It's that I won't allow myself to learn and grow and expand - so it's my lack consciousness - and it's a lack of knowing my Self as Spirit, lack of respecting my Self as Spirit that gets me into trouble. And then, of course, I'm such a powerful creator, guess what happens? Then I create lack out there."

"But, also, to give you another perspective on it. In the life of a Soul, It has Its embodiments... until It's strong enough to go Home to God, to see the Face of God. How does It get strengthened? By overcoming all these negative things. And fear is just one of those things that It needs to overcome....

But it all involves choice. So, somehow we have to choose to let go and let God. We have to

"...Go to the God-point within you and...you can be dis-identified with the negativity and be identified with the Spirit you are. And that Frequency goes out there into the world and It influences those around you. And It has a power all Its own."

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choose to...know that we're more than our fear and that we can go beyond it. And we don't have to know what's going to take its place but we can choose away from the lack, the limitation."

"And a lot of times we feel so bad about ourselves because we're going through this stuff that we don't share ourselves. And what we need to do is just share. And sometimes it could be a share of the fear. 'Hey, look I'd love to go on and go and be a lawyer but I'm totally afraid of more debt.' 'Oh, yeah, how much debt do you have? Oh...I'll trade your debt for my debt any day.' And you get to see, you start getting reality checks by interacting - that's one thing.

But also, instead of fearing and sitting there and crying inside ourselves - going to God within and from that place being out in the world and sharing yourself...not from the lack and the limitation but from the God-point. See, and then, guess what? People are catching your Abundance. People are catching where you're coming from. They're not catching your fear, they're not catching your lack. They're not catching your limitation."

"So, the remedy is when you sit in fear go to God, when you sit in lack and limitation go to God. When you sit in all this stuff, don't believe it! Don't believe a word of it! You wouldn't believe every-

thing you heard in the news. You wouldn't believe everything you read in the papers. Well, don't believe the stuff that you're hearing inside. And we just go to God. And we come from that spot. And even if you don't know what that means just be willing to choose away from the hurt, the pain; just be willing to choose away from the fear. And make it okay not to know what's going to happen - but just to walk in God's Heart and with His holding your hand."

"And the answer... is the answer to all - to wake up. How do we wake up from the dream of life? From being asleep? We wake up. Yeah, the Way for the Soul to wake up is - as we've been told - through the Sound Current, through the Holy Spirit, through Initiation into It. Yes! But start where you're at. And, at least, have the wherewithal to drop the fear immediately, drop the hurt, drop the pain and just move beyond. And share the Joy of the Spirit and start educating others - pass along the education that people have a choice. They don't have to sit in negativity.... You don't have to sit in fear. You don't have to sit in fear."

"There's nothing real out there. The only thing real is inside yourself, in the Spirit you are. So why settle for less than that Reality?"

Case Study

When I was asked to write a case study about fear I immediately began to panic that my fears would grow larger. But then I realized that, up until now, I had been creating a self-imposed prison with my fears. I was afraid that I just didn't have the stuff to create the kind of life I want. I had left a beautiful part of the country that I love, and gave up my chosen profession of teaching. I returned to my home town but I rarely saw my friends, and complained about the traffic and the long winters and everything else. My constant worry that I wouldn't have enough money created lack in my life; I had to borrow money to pay rent. I tried to protect myself against everyone and everything that I thought would hurt me. Clearly, my life wasn't turning out the way I had wanted it to but it was turning out the way I had created it.

I listened to the Audio Tape, "What Are you Worrying About?" and followed the process given at the end of the Tape: (1) I called upon the Light of the Most High by saying, "Lord, God, send me Your Light, and send the Light of the Most High to Our Teacher!" (2) I asked for God to take my worries and fears by saying, "Lord, God, please lift, clear, and transmute all of my fears and worries!" (3) I told myself to let all of the fear and worry go by saying to myself, "It's okay to let go of all your fears and worries. Release them and let them go!" (4) Then I

allowed the Presence of the Lord, God to fill me. I told myself: "Just allow the Lord God to be present in your life and to handle these worries and fears!" Because my fears resurfaced often, I needed to repeat these steps.

The Video Tape "What Is Self-Worth?" has been an invaluable Tool in helping me to receive God's Presence. Up until now, I have asserted my ego and refused to live in His Grace, partly because I didn't feel worthy of Him. In the past I've been afraid of God's Will for me, which is to receive His Love, and to learn to Love Him.

For the past week I have also listened to the Audio Tape, "What is Loving?" and learned that I cannot be a victim when I am actively loving. I suddenly realized that everything I need is inside of me: I realize that God is inside of me, Love is inside me (they are one and the same) and I only need to let It flow.

Recently Our Teacher gave a Satsang entitled, "Are You Fearing and Tearing or Caring and Sharing?" For the past two years, I have limited my world by indulging in my fears and tears. In the process of writing this case study I have used some of the many Tools Our Teacher provides us to move from fears and tears, to truly caring about myself and sharing with others.

Step-by-Step

Here's a quick reference list for daily practice. Please refer to the articles for complete information.

1. Call in the Light of the Most High by saying, "Lord, God send me Your Light!"
2. Let something in your life come up that you have a lot of fear around.
3. Choose to go to the God-point by saying, "Lord, God take the fear!" and by tell yourself "it's okay to let it go."
4. Ask God to send you a solution by saying, "Lord, God send me a solution, for the Highest Good!"
5. Focus into the positive reality by continuing to do this step-by-step process whenever the fear comes up.
6. Share your process. Share your goals.
7. Request the Ultimate Antidote to fear - Initiation into the Path of Soul Transcendence by contacting the Regional Center nearest you.

For further information or to request other titles in this series contact:

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Try This ...

"Let's take a moment now, why don't we just get nice and quiet. And 'Lord, God send us Your Light!' And inside of yourself ask the Lord, God to take whatever fear or fears you may have (pause). Now,

tell yourself, whatever your name is or however you call yourself - it's okay, and then your name, to let it go."

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