

# Tools For Living Free

NUMBER 62 IN THIS ONGOING EDUCATIONAL SERIES

## The Remedy To Fear

*excerpts 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 vs. caring and sharing. And I want to start a little bit by telling - some of you may be familiar with this because it appeared in the paper a couple of days ago. And I sat there reading it and I was fascinated... 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.' Everyday, 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 (stuff) 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, you know what? It's really as good an excuse as any. Because that's what we all do. ... We sit there in our fear wishing, wishing, wishing. See, and ... 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. ... Our fear affects not only ourSelves but everything."

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"... 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."

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"But, also, to give you another perspective on it. In the life of a Soul, It has Its embodiments, Its embodiments and 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. How do you overcome it? Well, you go from the Crucifixion to the Resurrection - that's the answer. We're shown it. You get crucified in time and space. Your ego gets nailed; that's the good news. And then you go and you lift up and you go into the Spirit you are. But it all involves choice. So, somehow we have to choose to let go and let God. We have to choose to what? 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."

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"And so many of us when we get scared and we get into our tears and we feel really like a victim, then guess what? We contract even more and we get to isolate ourSelves within our own consciousness. So, the very thing we're afraid of starts to look bigger and bigger and bigger and bigger and bigger and bigger. And what we need to do is just the opposite. We need to care and to share. What do I mean by that? We need to care about ourSelves and give ourSelves the Spirit and not allow ourSelves to sit in that (stuff), that negativity, that fear. Why would I want to spend day after day after day after day knowing that all I wanted to do was help people and not give mySelf whatever I needed to do that. So, you need to care about yourSelf and you need to share yourSelf.

"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 sharing 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.

"Okay, but, also, instead of fearing and

"If  
you're  
attuning  
and  
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One  
with  
God  
how can  
you sit in  
fear?  
Because  
fear  
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exist in  
Spirit.  
Fear  
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exist in  
Spirit."

--From the Satsang "Are  
You Tearing and Fearing  
Or Caring and Sharing?"  
(TAPE A68)

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, 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."

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"... So, what are you really afraid of? Are you really afraid of the simple Truth that you are the Spirit ...?"

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"What are you afraid of? See, if God gave you life are you actually going to be hurt? Are you going to be in lack? Are you going to be in limitation? Are you going to be in fear or pain and doubt? No. But you can be. You have the choice. You can exercise your free will. But that's a real contraction. And I'm here to suggest caring and sharing both internally and externally. Caring and sharing with the God within you, the Spirit within

you, the real feast within you. And then going out from that spot and caring and sharing."

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"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 everything 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. It's from the same place - the *Garbageville Times*. It's from the exact same place. 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. ..."

## Case Study

"I can't move." "I can't do anything." "It won't work." "It's not even worth my trying." These are some familiar thoughts to me. The result is nothing gets done. After reading the Talk "Are You Fearing And Tearing Or Caring And Sharing?", I had a new perspective on this scenario that plays out in my life time and time again. It's all about the fear, as the Teachings teach us, of my own power as the Spirit I am; really, fear of God. When I'm fearful I feel as though I can't do anything. I feel immobilized and powerless. The result is nothing gets done and there is no change or growth and I am not present to receive God's Love.

I had been working on a group project. All the group members committed to certain guidelines by which to measure the success of the Project. There were times when I got fearful that the Project would not meet a successful conclusion. When I started to feel fearful the result was that I stopped doing anything that would or could move the Project along. Instead, I sat still with my ear as well as thoughts that seemed to go 'round and round and make me feel worse. After reading this Talk, realized the craziness of this dynamic. I was allowing the fear to stop me from acting and, by my inaction, I implied the chances that the situation I was afraid of would, in fact, occur.

The solution I saw from the Talk was God's solution - go to God, Love Him and receive His Love. My first step in doing this was to share my fear with My Teacher. Through doing an Inner Process, My Teacher helped me to see that the Project was handled and that there was nothing of which to be fearful.

## Try This ...

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

My Teacher also brought my attention to the fact that I was using more energy by sitting in fear, worry and concern than in actually taking action. Sharing this fear helped me to move off of it.

But the fear came back. Remembering My Teacher's earlier advice that the Project was handled, I did Self-Talk and told mySelf, "I'm okay right now." I also called in the Light of the Most High by saying "Lord, God send me Your Light!" I then said inside mySelf, "Lord, God please take this fear and give me any guidance and clarity that I may need in order to move ahead!" And I told mySelf, "It's okay to let it go." Then I took action. I followed through on what I needed to do every day. I repeated this process every time the fear came up.

I found that the fear surfaced if I sat dormant. However, if I kept actively working the situation as I described above the fear was nowhere to be found. I also realized that the fear was just a smoke screen. In fact, I wasn't at all afraid that the Project wouldn't be successful; if anything, when I thought that I just felt sad. The fear was a diversion to keep me from acting, which, in turn, kept me from lifting and growing and, in effect, kept me stuck in my karma, my negativity, my habitual patterns and not with God. So, the remedy to fear is be with God.

As My Teacher always says, "It really is that simple!"

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

-from the Satsang "Are You Fearing and Tearing Or Caring and Sharing?" (TAPE A68)

## 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. Inside yourSelf say, "Lord, God please take any fear or fears I may have!"
3. Then tell yourSelf, "(your name) it's okay to let them go!"
4. Tell yourSelf "(your name) I'm safe right now. I have all I need right now."
5. Know that God is the Truth and with God all things are possible by asking God to raise you to the level of Spirit to give you the experience of His Presence.
6. Stay present by always choosing away from negativity, letting it go by practicing #s 1, 2 and 3 above and focusing into the positive polarity.
7. Trust and Receive God's Love by calling any Regional Center and requesting Initiation into the Path of Soul Transcendence.

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

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