

How to Make Friends with Fear: Harness the power and success of fear.

Telecourse notes 4/20/08

Welcome:

- >First name and share a little about what inspired you to be on call?
- >What in particular would you like to get or solve in your life regarding fear?
- >Say a little bit about what we all know fear to be and how we experience it.

Intro:

- >Sharing and questions: Feel free to share and ask questions.
- >Say your name each time before you share so we know who is talking.
- >Much or even all of this information you probably know and even so I have two requests:

1. One is that you listen to it all like it's brand new and exciting and
2. That you make sure that you completely understand the way I'm putting this information together, asking questions if you don't. I work with this information all of time, it all makes sense to me but I won't know if it is making sense to you unless you give me feedback as we go along. Not that you necessarily agree with me but that you understand what I'm presenting. Don't get left behind.

Intention:

- >This course is about transforming your experience of your relationship with Fear:
- >Making friends with Fear.
- >In making friends with fear **Awareness is Everything:**

>Awareness is having knowledge of, being conscious of, cognizant of, being informed, alert; knowledgeable, sophisticated.

>Transformation: literally means rising above, transcending or going beyond your current limits; current beliefs, views, stories and opinions. It's about getting a bigger picture, a perspective that is truer; more real than your current one. One that gives you more awareness, more freedom, more space, more clarity, more power for action and success.

>Awareness creates a space for Transformation. Transforming or transcending a previous view or limitation gives you more space, vision, wisdom, freedom, power, peace. I call that success.

Overview: We are going to talk about

1. What emotions really are: their function and purpose
2. What fear really is:
3. What fear has become: a collective debilitating addiction: the polluted energy we live in.
4. How to harness and use fear powerfully and effectively.
5. How to recognize current fear from old irrational fear.
6. What to do with the negative uncomfortable sensations of fear once you have them.
7. Exercises for real time on the spot integration and release of the negative aspects of fear.

>You will receive this information, quotes, exercises, and resources etc. in the next day or two. Not sure what form it will arrive in but I'll let you know. And this call is being recorded so you can listen to it again later for 30 days.

1. What emotions really are: Their function and purpose: They are Information and guidance tools. They are actually perceptions of feelings / sensations of energy. Perceptions of possible experiences.

- >The inherent, natural purpose of feelings or sensation is to help inform and guide us successfully in our daily human physical experience.
- >They are navigational and guidance information mechanisms for our benefit.
- >They are part of our survival and guidance systems for successful and healthy human experience.
 - >Negative feelings inform us of what *not* to do, where *not* to go, what *not* to repeat, who *not* to be with.
 - >Positive or feel good feelings inform us of what *to* do, where *to* go, what *to* repeat and who *to* be with.
- >**LIFE WAS INITIALLY DESIGNED TO BE SIMPLE AND EASY... action, experience, feedback information, repeat action.**
- >There are no judgments, reasons, stories, beliefs, because, or rationalizations in this process. Just information calling for awareness and action.
- >The absence of feelings, including fear and what we call negative emotion, is not an option available to normal healthy people.
- >What we do with our feelings is the only option we have.

2. What Fear really is:

- >A feeling and energy that arises in response to a present danger.
- >It is a signal to take action: fight or flight and with women there is a 3rd call to action; tend and befriend.
- >It is a subjective belief that there is a threat.
- >It signals us that there is danger to be avoided or eliminated.
- >It is a powerful energy: a messenger and a message cannot be mistaken.
- >It is energy, a form of excitement. Lest you should miss a message at your peril: It is a powerful and excited energy that hits your total body, mind, energy, with dry your mouth, grip your breath, pound your heart, ring your ears, scream in your face, cancel your thoughts alarm that warns of **danger-take-action-right-this-second-do-not-delay.**

>>>This is an important and necessary function if you are to have a happy successful life. It's a gift for your guidance and protection. Not from dinosaurs or tigers anymore but danger still.

- >Understanding the purpose, value, message, gift, and intent of fear you would welcome it. You would not hate, resist or fear it.
- >You would not fight it. You would not kill the messenger. That is like Luke Skywalker shooting R2D2 for warning him of danger.
- >Being a healthy human gives you the full range of feelings and sensations from bliss and good feelings to bad and back again.

3. What fear has become: a habit: a collective debilitating pervasive addiction. A dis-ease of ignorance.

- >**Back up a little. In the Beginning: Your Chemical Cocktail: like water to the fish.**
- >Entrained from the beginning in the womb by Mom & Dad's personal emotional chemical cocktail. Check out Candace Pert and Bruce Lipton's teaching.
- >Trained and conditioned: Fear is used to control and manipulate you into someone's perceived proper behavior. (Mom/Dad/family/environment)
- >Fear sells. It moves our personal, social and financial machinery.
- >Our society is hypnotized by it. Dulled and numbed by it. We live in a toxic environment of fear.
- >It's an addiction. We crave it, are magnetized to it. We hate it and feel uncomfortable without it.

- >Ignorance is not bliss. Feelings are not understood or realized for what they really are.
- >They don't feel good, we don't like them. We don't know how to interpret them or be with them the way they are intended.
- >We try to not have them, get rid of them, resist them, block them, ignore, deny them, change them and project them.
- >What we won't acknowledge or feel cannot be integrated. What does not get integrated gets stuck. What feels stuck is always held stuck by story otherwise it would just release.

>We end up living our lives avoiding pain (fear) and we have good reasons and stories for it. Most if not all of it gets added to our identity/ego.

>What we are really doing is causing ourselves deep long lasting nagging pain, blocking out joyful experience, holding onto and locking the pain in.

>Irrational or neurotic fear is unintegrated excitement. Blocked excitement.

>Unintegrated blocked excitement is also the low grade, under the surface, all pervasive, nagging, anxiety kind of fear that most of us live with 24/7 and try to make normal.

>It is a feeling that seems unabsorbable, undigestable. Lifetime of emotional constipation.

>It is habit for most, and addiction for the rest.

>The heavy icky sticky pressuring, eroding, contracting **PAIN OF FEAR** is actually **NEGATIVE EXCITEMENT**.

>It is about **FEARING AND DESIREING THE SAME THING AT THE SAME TIME**.

>When fear arises, sounds a warning the opposite arises with it. Fear/desire, fear/courage, want/not want, have/loss, security/insecurity.

>It sets up an unresolvable conflict that cannot be resolved or absorbed effectively without awareness, action and or release.

>The natural healthy process of receiving the message of fear / feelings, interpret it, learn from it, take action, receive the next message, take next action is blocked, resisted, misdirected, misinterpreted, and usually not used to go forward happily.

>It is usually used as an internal and external stop or detour generating more pain and blockage.

>This all happens inside of a developing story that creates a lifetime home for something that should be felt, acknowledged and eliminated like last nights dinner. Buddhists call this dukka. It means just what it sounds like. Constipation of the mind.

>**I Think Therefore I Am:** We have runaway minds that are always on and running - thinking.

>The mind is a meaning making machine.

It makes up meaning and story upon story, reason upon reason, whys and wherefores and opinion, beliefs and judgments about absolutely everything and everyone.

>Nothing can come into its slightest awareness that does not get sent through mind hell to come out distorted, shredded and part of its fear based limitations.

>Even what and who we allow ourselves to love eventually goes through the shredder of mind hell.

>**You are not told any of this.**

>**In fact you are left to fend for yourself in an ignorant, unaware, sticky, dreadful, painful, soup of fear.**

>**A victim of your own human gifts.**

4. How to recognize current fear from old irrational fear.

- >Current fear is an alarm that there is some possible danger in the moment.
- >It sounds your alarm, informs you, has you evaluate the situation, develop appropriate action, take the action, then release it.
- >Once you have done your job (above) and it has done its job (above) there is no further use for it.
- > **All emotion is catchy: Fear is catchy:** much of the fear you experience is from the general public, the collective, the habit.

- >Old, long lasting, unresolved fears that cause current discomfort, dis-ease, anxiety and limitations are past based. Not current or real.
- >You can tell by the stories, reasons, because, limitations, constrictions that arise with the feelings.
- >You can tell when you hear yourself explaining it to yourself or someone else.
- >You can tell by the heavy, sticky, worry, immobilizing pain involved and by the all too familiar stories involved.
- >You can tell by how long they have been around, how long you have given them lodging.
- >Living in the energy of old unabsorbed unresolved fear is a painful addiction.
- >You can tell by how important, special, problematic, hard, or proud the cause of the problem feels to you.

5. How to harness and use fear powerfully and effectively.

- >**Know that all feelings, emotions, stories and negative baggage can be released.**
- >**Everything that is not authentically you, true, or real can be released.**
- >Your physical systems naturally want to release what is not true or current.
- >Your body mind would automatically do so if we would let it happen.
- >It takes huge unhealthy amounts of energy to hold old unintegrated feelings in.
- >Using your energy to stop the natural integration release process of feelings is exactly like trying to stop your digestion elimination process. You will lose. You will have pain and limitation.
- >Learn to allow the feelings and sensations of fear. Allow, relax, learn, release.
- >REALIZE, understand, the true nature and purpose of feelings including fear.
- >Learn to relate to fear and feelings as the information and guidance systems that they are and not the truth or stories.
- >Learn to separate your feelings and sensations from your stories.
- >Learn to distinguish what is true. Stories and reasons are not true.
- >Learn to examine your beliefs.
- >Learn that from your neck down (body) informs you of the truth of now. From your neck up (head) informs you of the past, memory, history, story.
- >Learn to start perceiving life and circumstances as energy: everything is energy and energy is everything. Another way to distinguish between the power of now vs. a story.
- >If a story empowers you have fun with it but don't believe it. If it doesn't empower you get rid of it – it is only a story.
- >Learn to trust yourself about what you are feeling.
- >Learn to trust your ability to take right, kind, and effective action for yourself in all things in your life.
- >Learn how to trick yourself into taking action that you previously were convinced you could not or should not take. (This is another course)
- >The scariest thing for almost everyone who gets there is stepping into your real self and real purpose. They say that public speaking is the number one fear over death, but this one actually feels like death.

“Our greatest fear is not that we are inadequate, but that we are powerful beyond measure. It is our light, not our darkness that frightens us.” –Nelson Mandela

>Be with people who support truth and vitality and avoid those who believe in and act out limitations, stories, and reasons.

>Notice when you are fighting for your limitations by demanding the truth of your stories and reasons.

>Learn about and how to use your natural human navigational informational guidance tools: 5 senses, intuition, perception, 6th sense, body, all feelings, observation, distinction, feedback, brilliant computer mind, and even stories as long as you don't believe them.

6. What to do with the negative uncomfortable emotions and sensations of fear once you have them.

>Allow them. Become curious. Become a student of your own energy and life force.

>All new feelings and old emotional pain residue can be released with active wholehearted engagement with the realities that threaten you.

>Unresolved fears show you what you haven't yet integrated. Where you have stories instead of real life.

>Get curious about integrating. You integrate feeling and sensation by becoming aware of them, feeling and releasing them.

>People who are sensitive, or who are 'sensitives' have the most pain and the most difficulty in integrating and releasing.

>Learn lots of types of Energy Medicine. Below...

>Be **responsible** for the health and wholeness of your personal state, your consciousness for your entire life. This can be a hard one.

>You NEVER get to take this job off.

>Recovering from the addiction of fear takes intention, awareness, focus and effective practices. It is no babies game but it is doable.

>It also takes lots of relaxing, releasing, letting go, changing your mind if you've made it up.

>Of course there is: exercise, body work, play, fun, rest, relaxation, laughter, and relaxation, fun, rest, laughter and play. (I did not stutter)

>As you do any or all of the above activities, practice relaxing and 'not thinking' or practice observing your thinking and the ebb and flow of your thoughts and stories.

>I'll show you how.

7. Exercises and Resources:

All of these energy techniques are excellent, can be done by yourself, anytime, most any place, at virtually no cost, and they are absolutely proven to WORK. They work to do the releasing we've talked about on this call and so much more.

Sedona Method / release methods www.sedona.com; A great and very easy process to release pretty much everything no matter how deep, painful, limiting, or how long it's been held. There is a link on the home page that takes you to a short video. You can also get a free DVD and CD (only pay for shipping). For many people (me) this is enough to get all of the benefits of Sedona Method.

Personal Physics Technique, attached from Teri

A very effective, simple and easy way to eliminate most physical, emotional, pains and discomforts. I find that doing Personal Physics followed with EFT is a very powerful and dynamic combination.

Emotional Freedom Technique (EFT) www.emofree.com, attached tapping point flyer from Teri

There is a great introductory video on the home page with easy links to learn EFT and to download the free manual. This website has everything and then some at no cost that you could ever want to know about EFT unless you are going to teach it.

Byron Katie, The Work <http://www.thework.com/index.asp>

All suffering is caused by resisting reality, arguing with what is true, wanting now to be different than it is. Now, the truth, is always perfect and peaceful just the way it is. Four questions and a turn around help you to distinguish reality and truth from story and unexamined beliefs helping you to accept "now" and have peace. Powerful!

Big Mind, Big Heart, Genpo Roshe: Easily and simply transcend ordinary ego mind, develop ease, agility and appreciation for all of the wonderful aspects of the mind and personality.

http://www.genpo.org/Big_Mind_Big_Heart/Home.html, watch 10 or so videos of the actual Big Mind process on <http://www.youtube.com/watch?v=zT9y1YEUjy0>

Our Greatest Fear: Nelson Mandela quote. Attached

GET A COACH: Make the journey easier, faster, and more fun for yourself....

>You know all of the information presented here. You came into life equipped with everything necessary for a wonderful and joyful experience of yourself and life.

>I can assist you in remembering and realizing.

>As a Transformational Life Coach and Spiritual Guide I can help you...

- >remember and become your true Self
- >learn the 'how to', power and gift of feelings and human navigation tools
- >happily, easily allow yourself to play and go forward
- >learn easy natural integration of experience
- >learn to release and let go of negatives and blocks
- >distinguish your truth vs. your conditioning
- >distinguish your truth vs. other's truth
- >discover and live your purpose and direction in life
- >have dynamic and healthy relationships
- >have a life you love and realize your natural state of Joy

>Call me at (714) 878-3852 or email me at teri@accesstheedge.com