

# Make Friends with Fear, Eliminate its Negative Effects, Open to Love

Course Conversation and Notes  
July 23, 2008

*"All communication is either a loving response or a cry for help." –A Course of Miracles*

*\*\*\*We are excited about this topic and related projects! And this document is a draft. This is only a draft. A work in process with a long ways to go: typos, edit, grammar, redundancies, Teri-isms, incomplete copy, yadda, yadda, etc. all of it - not done. You will, when it is finished, receive the completed project. -TR*

## **ANNOUNCEMENT:**

### **How to Eliminate Fear Group Interactive and Oneness Blessing**

**July 25th at 7pm** (directions to Healing Arts Center on page 17)

For anyone living in or visiting Orange County, CA on Friday evening July 25th at the Healing Arts Center in Laguna Hills, we are presenting an evening of Oneness Blessing and Eliminating Fear. A deeper and interactive group instruction and exploration into the "how to's" of Eliminating Fear and Living in Love. 7pm, \$35 at the door.

### **Special Bonus:**

**"Free EFT (Emotional Freedom Technique) & Energy Medicine Telecourse"**

**Monday, Aug 4<sup>th</sup> at 7:00pm PDT.** You will receive call in number via email

Expanding on pages 5 & 6 this course is designed to assist you in realizing greater awareness, experience higher frequencies and release toxic and painful effects of fear - past and current – that block your natural ability to thrive and prosper. You will learn techniques, tips, and 'how-to's" for releasing negative distressing thoughts, feelings, traumas, stories, etc from your bodymind. Tools for living free and fearless.

And it will also be recorded so you can listen to it even if you cannot make the live call and so you can listen to it as many times as you want for 30 days and even download it onto your computer and iPod.

## **INTRODUCTION:**

SPECIAL: A Note from Teri

This information is very important.

There are two basic human emotions: Love and Fear.

Fear constricts and closes you off to love and life like stepping on a hose restricts the flow of water. We are the one stepping on the hose restricting our own flow of love so we can step off the hose and let love flow again at any time.

When you make friends with fear you eliminate its negative effects from your life and open to love; you are free.

I heard a spiritual yogi say recently that if you are not thrilled and delighted about who you are and what life is you are asleep.

Most of us have been asleep. It's time to wake up!

It's time to eliminate fear from our lives right now!

I believe this is in some way a culmination of my life's work so far.

I had an amazing Aha! experience several months ago. After facilitating a telecourse called How To Make Friends with Fear even though it was a very good course, that day it felt like something was missing from the conversation.

I got what was missing about a week later while in deep meditation.

I saw what fear really is (an impersonal energy), that there are at least two types of fear, the damage fear does, our personal and collective relationship to it, and more importantly I could see how to eliminate the painful effects from our lives and allow love to flow.

Most everything you read and hear about fear has you in it and victim of it. The assumption is that the best we can do is to tolerate it and learn to cope with it because we are in it and going to stay in it. This tactic is better than fighting, running and resisting which only makes it worse, but from a different context, a different paradigm you can rise above it and live free where the negative effects can't touch you.

*"Fear is one of the most subtle and destructive errors that the mind of man experiences. Fear is a paralyzer of mental action. It wakens both mind and body. Fear throws dust in our eye and hides the mighty spiritual forces that are always with us." -Rebecca Clark: Helping Yourself with Cosmic Healing*

## **READY FOR THE GAME:**

Making friends with fear, eliminating its negative effects from your life and opening to love is no baby's game. If it was everyone would already be free of the painful debilitating effects of fear.

It requires your full engagement, intention, awareness, courage, persistence, and good old grit! You cannot be wishy-washy. Living in freedom and joy or suffering in fear and dread is a choice - your choice. You keep yourself in fear and misery by your own conditioned unconscious thinking and emotions. You can change it, I'll show you how but you have to want it and be ready, willing and able to stay the course until you get the freedom and joy you desire and deserve.

And remember, you don't get what you deserve you get what you tolerate. So most of what you will hear tonight is how to stop tolerating pain and trance of fear and take back your life and joy.

Fear is choking out our natural awareness, energy, and experience of love. Enough already! As Susan Powter once said, "Stop the Insanity!!"

**NOTE: One more thing before we start. I'm talking about fear here. We hate fear; humans hate fear and pain so part of this might be a little hard to get through. Please stay with it. To get free of the negative effects of fear you must be able to look at fear and its lies head on, facing it. No more avoidance, no more shrinking back, no more trance, no more victim.**

*"Why do we use the power of our mind to create a negative reality? If our mind can generate health, wealth and happiness as easily as illness, poverty and despair, why aren't we healthy wealthy and happy all the time?" -John-Roger & Peter McWilliams, You Can't Afford the Luxury of a Negative Thought*

## **INTENTION:**

My intention for you in this course is threefold:

To give you the possibility of a new and powerful context for a life of love and joy.

To empower you be free of the conditioned pain of fear.

To give you some initial 'how to' exercises, techniques, and practices for retraining and reconditioning yourself towards freedom and love.

When you transform your relationship to fear you open to love.

## **In this telecourse you will learn**

...what fear really is: an impersonal energy

...that there are several types of fear.

...how to recognize the different types of fear.

...the upside and downside of each fear.

...what the ancients had to say about fear.

...what your personal response to fear tells you.

...how to use the different types fear.

...how awareness can transform your experience of fear.

...what holds fear in place and what to do about it.

...how to release the negative effects of fear.

...how to transform your personal responses to fear.

...how to wake up from the collective trance.

...how to be set free from fear to live and love.

So, how would your life be if you could consistently and permanently eliminate the negative effects of fear?

What could you do if fear didn't stop you?

Can you imagine a life without fear? A world without fear?

## OVERVIEW AND OUTLINE:

There are two basic human emotions: Love and Fear

Love and fear are part of the same continuum. They are at opposite ends of a spectrum from each other.

Like the electromagnetic light spectrum where one end is x-rays and the other end is radio waves and everything else including the sliver of visible light in between – all of it is energy, none of it is bad or wrong. It is impersonal. The spectrum that includes love and fear is similar. Love on the one end is a frequency range that humans thrive in – in fact have to be in for their ultimate health and vitality as a species. Fear on the other end has frequencies that are painful and damaging like poison to the human species.

Anyone who works with animals, even human animals, knows that in the right environment for their species animals will thrive. Put them in the wrong environment for their species and they will suffer and eventually die but not before becoming angry, rebellious, fighting each other, destroying their own communities, developing aberrant behaviors, and psychological problems and depressions, eventually getting sick and even dying.

Humans can only thrive in frequencies of love. We suffer in frequencies of fear.

And yet for thousands of years we have tolerated living in fear like its normal or like we have no choice in the matter. I ask you, “What, pray tell is that all about?” and “Who, I ask you, like me, is OVER IT?”

In our dualistic nature and our love / fear continuum, when one end arises the other arises with it. When love arises fear arises too and vice versa. No matter how much fear seems visible and prevalent love is there as well waiting to be acknowledged and activated. Yahoo, what are we waiting for?

*“There is a demon inside the heart of the Buddha. There is a Buddha inside the heart of the demon. To protect your joy, you must be prepared to lock eyes with fear and say, “you’re not going to run me. I’m stronger than you. Get it! Do this again and again. Fear is a merciless pursuer. You’re really onto something when you see every experience—depression, loss, loneliness—as a way to grow larger, more compassionate, instead of shutting down. Banishing fear and its companions makes negativity wither. Life is only uncomfortable if you’re afraid of it.” Judith Orloff, MD, Positive Energy*

**There are five basic points for understanding what fear is and how to eliminate it. They are:**

1. Knowledge, context, big picture, current map of the problem.
2. Awareness of our current conditioning regarding fear - contrast with
3. Awareness of a new context of what's possible with love
4. How to create, live, be, own, a new context: recondition, recalibrate,

**And then to BE FREE you will need...**

- a. **Intention:** to live a joyful, fearless life of love, curiosity and possibility.
- b. **Permission:** to not listen to the voice in your head or other head's, and to be as happy as you possibly can.
- c. **Courage:** to do what it takes get your life and joy back.
- d. **Persistence:** to keep on keeping on until you get your joy back And to
  - i. Relax and go slow enough to actually BE with all of your life.
  - ii. Accept and be with everything.
  - iii. Develop self and other respect and boundaries.
  - iv. Don't take anything personally.
  - v. Disappear reasons.
  - vi. Discipline your mind and emotions.
  - vii. Build up high frequencies, natural endorphins and reserves of energy levels. Have plenty of the following.

1. good sleep
2. good rest
3. good food
4. good exercise
5. good humor
6. good friends
7. good loving
8. good thinking
9. good gratitude
10. good purpose and vision
11. good blessing and giving

The strategies for eliminating the negative effects of fear seem to be a paradox or dual tactics - they are. Our personality is made up of combinations of opposites. You have to speak to and clear both the right and left hemispheres of your brain. One type of strategy is receptive the other is action oriented. One is accepting and the other standing firm being fearless, breaking the trance, tolerating NO fear or negativity.

## 5. Resources

a. What to do: first lighten up, laugh a lot, learn to play again. Then with fear

i. Admit you are afraid

ii. Feel the fear

1. Give fear room, a hearing.
2. Before you try to fix it, you have to let it fully express.
3. Make space and time, tune in to what you are feeling and hold it, embrace it, grant it legitimacy.
4. Then something opens and you are empowered.

iii. Act as if fear has no power over you!

1. Be single minded about being legitimately and powerfully responsible for your glorious life. Absolutely refuse to allow fear and negativity anywhere in your neighborhood!
2. Act as if you are fearless. Refuse the trance and pain.

iv. Give up reasons: Notice/observe thoughts and feelings which are always fear based, problem solving, stories, past and feeling bad for yourself.

v. Absolutely refuse to pass on negativity to anyone in anyway at anytime.

**see vi. and vii expanded starting on page 14.**

vi. Use the Power of NO: Cosmic soap and water for cleansing your bodymind.

vii. Use Powerful and firm Affirmations "I am my greatest self."

viii. Use energy medicines and release techniques

1. EFT
2. Sedona Method
3. Big Mind Big Heart
4. Energy Medicine by Donna Eden
5. Laughter Yoga

*"I'm not afraid to die. I just don't want to be there when it happens. It is impossible to experience one's death objectively and still carry a tune." -Woody Allen*

## KNOWLEDGE:

### Let's start with Five Basic Dynamics:

Ignorance is not bliss. I discovered quite practically that there are five important dynamics to understand the nature of fear and to eliminate it from your life. They are...

1. What fear actually is and that there is more than one kind of fear
2. Your personal conditioned response to fear
3. The collective conditioned relationship to fear
4. The physics of thoughts, feelings and the masses
5. How to eliminate fear

### WHAT FEAR ACTUALLY IS: IMPERSONAL ENERGY

Definition: a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid. Biological, mental, physiological, emotional response to perceived danger, threat or loss.

Fear at its most basic human expression is a survival mechanism process responding to a stimulus.

Everything is energy and energy is everything. Fear like any energy is impersonal. Energy is not good or bad, it just is. Light is not personal, wind is not personal. All energies exist, they have qualities that define their being and behavior and they are not personal. Fear is an energy, it is not personal.

*"Fear leads to worry. Worry is painful, but that's the least bad thing about it. Far worse is the way worry chews up your heart and mind and energy. Worries are psychological termites. Of course, when you worry you think you're dealing with things, being vigilant, and protecting but you're not. You're just suffering." -Mira Kirshenbaum, The Emotional Energy Factor*

### TWO TYPES OF FEAR:

**Fear #One** - real fear or rational fear. This fear is real. This is what we've been endowed with for information, direction and protection. This fear is necessary for bursts of energy and action; fight or flight - like when you are confronted by a saber tooth tiger, or when your young child is about to run onto a busy street, or stick something into a light socket. Fear's value is in the moment – real time.

This fear is an impersonal energy and it's invigorating. Your brain, not taking any chances, takes over before you've even had a chance to analyze the situation. Its biological - not a conscious choice. You get a hit of chemicals for information and direction and a burst of energy to take action. Once you take the action you get another dose of chemicals - the antidote, when you calm down the fear subsides! Its OVER, DONE, GONE! If it lingers you just haven't let it go yet.

**Fear #Two** - neurotic or irrational fear. It's the other fear! This is the one that is painful, thick, sticky, goopy, dense, paralyzing, suffocating, fogging and numbing, cold, contracting, and all that stuff we hate.

This fear is really your personal conditioned response to the collective fear. Its about the past, its habit. It's energy, like a cloud that you can't see. It's an addiction; its negative effects are epidemic - a plague! This type of fear, like fear #1 is an impersonal energy. But this fear is a major part of the pain body that Eckhart Tolle writes about in A New Earth.

I know you've heard FDR's quote many times before, *"the only thing we have to fear is fear itself"*.

Until now, for most of us, that quote has only been a concept that doesn't help at all when fear has us in its grip.

But it's true! Fear IS the problem. This fear, fear #2, is not a response to a warning that there might be something for which immediate action on the hurry up would be a good idea. No! This fear IS the bad guy - that's the scam! Bait and switch. Fear tricks you by pointing to something else in which to be worried and afraid. While you are being fooled into thinking that there maybe, might, could be in danger now or someday you are getting robbed blind, and beaten deaf, dumb and bloody.

The joke is on you but it's not very funny.

We are coming out of the dark ages where life and human emotions are concerned (even if it's just the beginning).

Our collective awareness and intelligence is booming and exciting, but our emotional intelligence and expression is dramatically lagging.

Fear and its negative effects are not what you think they are.

Fear is busted.

We have been conditioned, probably since dinosaur days and dark ages, to believe a 4 year old child's reality about fear.

They say that 95% of us are in this ancient conditioning to one degree or another. We live in a painful emotional collective soup of fear. And this soup is getting bigger and thicker all of time.

We all know from experience how debilitating fear is. We also know why "fear sells" so effectively don't we? Because it has just about all of our attention concerned about 'what if's. Fear is the master we are the slaves. We are in entranced in its prison.

Maybe now we can start to understand that no one wins in this insanity when we live as victims fooled sick by an illusion - the con of the ages.

But the lights are on now; the monster under the bed is busted.

## **YOUR PERSONAL CONDITIONED RESPONSE:**

This is where things get really sticky and messy. We would be able to effectively handle both types of fear except for our own personal conditioned responses.

**You interact with the sensations of fear on two levels.** One is the impersonal level the other is your personal level. First, the personal level. Neurotic fear engages fight or flight responses like real fear but there is never a follow through and your fear response and chemical cocktail doesn't get used up and burned off. The experience or perceived threat that triggered the response doesn't get absorbed or integrated. The failed discharge/integration remains incomplete in your mind/body as an energy charge and your mind attaches stories and reasons to keep it organized and in place. The circumstance and trigger response has absolutely NOTHING to do with your memories, stories or reasons. That you didn't like what happened to you or what didn't happen, thought it should have been different, and felt badly for yourself had nothing to do with the biochemical fight or flight response and your mind's automatic storage processes but it got collapsed into your unintegrated pain pockets anyway.

Neurotic fear is unintegrated excitement – negative excitement - an uncomfortable energy. It IS NOT personal but because your mind attached a story and reasons to it, it seems very personal indeed – painfully personal. Most of us have a whole lot of these fear/pain/energy/story/reasons built up over the years. Without realizing it the stories about the unintegrated fears become like prized Emmy awards or badges of courage for heroism that we seem to hold onto for comfort, validation or some future proof of suffering or for payback.

I hope this isn't too disturbing for you. It's the mind. It has to clean up, organize and keep things tidy. So, not only is the mind a problem solving machine, it's also a meaning making machine. If it can help it, it cannot and will not allow anything to be incomplete so it makes up stuff about everything and associates and categorizes everything. If you don't consciously complete everything to your mind's satisfaction it will do so on its own and you may or may not like the job it does especially with pain and fear since humans hate pain and fear is the primary pain generator.

So on the one hand, neurotic fear shows you what you haven't yet integrated. Every problem is something you are having trouble integrating and releasing and your stories and reasons are one of the dynamics preventing the integration and release you'd like.

**That was level one, now level two.** You could pretty easily handle level one if weren't for level two. Level two complicates things. Since we've been conditioned to take everything personally what happens on level two gets collapsed into level one.

You can't see fear but you can feel it and you believe all fear to be real and personally yours and this belief is reinforced because you hear the voice of fear deep in your mind and it hurts your body. It feels like the truth. We have a love hate relationship with it. The voice of fear in your mind has been with you since your beginning and it has you convinced that it is brilliant and you are stupid. After all it can see your potential calamitous future and you don't seem to. Consequently, the potential risk, the "what if" of not listening to it would be foolish and worse dangerous – not to mention embarrassing - so you'd ignore it at your own deadly peril.

Our experiences, memories, stories, agreements, and conditioned responses make the voice and sensations of fear seem very, very real, personal and scary.

In fact, sometimes our personal experience with fear can feel down right sickening and even life threatening can't it? At its very roots fear is about death and ultimate loss.

But most of the fear and dread of danger and loss that we hear about in our minds and feel in our bodies are neutral impersonal energies that exist in the collective soup like the wind around us. It doesn't belong to us, its just music in the wind. But since we take everything personally and we have so many of our own resonating pain pockets that get activated like harp strings when pain is around, and we mistakenly think there is only one fear – our fear- our very own personal pain that we are all too conscious of, we allow, absorb, take on, magnetize to ourselves the collective pain of fear. Whoa, is it any wonder we're in such a mess?

Now, pay attention to this!

It's a vicious circle. The whole time you are being scammed by fear #2, the more painful it is, the more you feel you are the problem or, the more you are hypnotized into submitting to its abuse either as some deserved punishment that you cannot and should not stop (after all, you know how bad you really are don't you?) or in the vain of being safe, informed and vigilant, you become weaker more asleep, more addicted; sicker.

You become a helpless, hapless victim drained of energy.

Here is another tragic part of this game for which we are all losers. What else do we do while we are being brutally pulverized by this energy? We distract ourselves with even more painful and destructive thoughts, feelings and activities. We can't get away from the heavy sticky draining energy of fear so we try to drowned it out or bury it some way with other activities, people, substances...you know the drill.

We have to do something with it - its energy - by its nature it calls for movement and action. The longer we hold it in our mindbody the more it hurts, the more damage it does. So we not only pass it on to whomever we can (sharing our pain feels like a release), we also get ourselves other addictions even more painful to try to drowned out the pain of the fear #2 addiction. Pain on pain on pain.

You spend 90% of your mind time and space problem solving about the future worrying about what could go wrong and suffering about the past. Worst case scenarios occupy your mindbody energy. And this is all going on in the realm of normal.

Yes, it is crazy - so what are you going to do about it? Anything?

You are not your mind! Oh, Thank God! you say? And you are not your body, whew! They have minds and process of their own that anyone who has ever tried to stop a not great habit or addiction or implement a good one can attest. And even though you are not responsible for your conditioning and participation in the soup you are responsible to stop the negative effects of fear from further damaging your life.

You can wake up and be free. The energy of fear is NOT personal and what it points your attention to is not real. You've been duped, you can stop it, you can eliminate it and open to love.

*"Most people keep looking for better ways to cope rather than newer ways to equip themselves to face their fears. Fear is a signal that tells me to equip myself to handle something." -David Richo, When Love Meets Fear*

## **THE COLLECTIVE RELATIONSHIP TO FEAR**

In the collective soup fear #2 not only has brainwashed and de-energized most everyone, but those brainwashed have come to believe that they are the true reporters and watch dogs of reality. They are fervent in their beliefs and agreements about how bad things are and if you just try to live outside mass conditioning you not only get beat up by fear #2 you get beat up by your fellow humans.

It doesn't help that our current media, government, politics, economy, environment and sales and marketing systems operate on fear...FEAR SELLS. "They" ("they" are really "we") have an interest in making sure no one wakes up. If everyone woke up who would there be to play the game that exists on most of planet Earth right now? THINK ABOUT IT!

If there was no one to buy the fear; lies, drama, terror, stories, what if's, and goods and services being sold everything would have to change. Fear fuels and drives current social machinery. Everything would have to stop. I think everything would get very, very quiet. Would life as we know it stop? Humm... I think it just might.

So, we have a steady diet of fear whether we want it or not. That means we have a steady diet of pain whether we want it or not.

Fear is the basic underlying cause of all of humanity's ills. It is a wasting dis-ease. It is the virus, bacteria, germ, cancer, inflammation, the cell damage, the mental, emotional, spiritual dysfunction, pain body, the suffering, the poverty, the separation that afflicts all of humanity and Earth.

*"The only thing that feelings of discouragement do is keep you busy doing nothing except feeling sorry for yourself, which is the perfect guarantee that your sorry situation will remain hopelessly the same. Enough is enough! You don't have to put up with one more discouraging moment, let alone a life filled with its darkness. That's right. There is another choice you can learn to make besides falling into those familiar feelings of failure." -Guy Finley, The Essential Laws of Fearless Living.*

## **THE PHYSICS OF THOUGHTS, FEELINGS AND THE MASSES.**

Everything is energy and energy is everything. Every thought, word, action, person, place and thing, animate or inanimate is an energy that emits energy. The energy emitted is mass, substance, a thing. They impact - make their ripples in the quantum field, becoming a part of the collective soup. Energy never dies. It can change but it doesn't dissolve, dissipate or go away.

Every thought and every feeling, conscious or not, that you have ever had is in the collective soup for all of time.

Now think about this. What percentage of your thoughts and feelings have been fear based? What percentage have been love based?

We have over 6 billion people alive right now each contributing to our collective consciousness soup. They say that we think about 90,000 thoughts a day and that 90% of those thoughts are the same worry, problem solving thoughts that we think everyday, day in and day out.

You might be able to barely imagine all of the people who have ever lived in the history of humanity but give it a try and imagine what their collective percentage of fear based or love based thoughts and feelings might have been. Every thought and every feeling of theirs and ours is still there. What do you imagine our soup is like? Would you want to eat it?

You do eat it you know. You eat it, breathe it, absorb it, sweat it. Like attracts like. Whatever thoughts and feelings you are generating and emitting into the collective soup, you attract back to you more like it. If you are afraid you get more fear. If you think about fear and the worst happening you get the worst and more fear to think about. If you are sick and feeling badly for yourself you will get sicker and get to feel worse.

Fear is an energy. It's an impersonal energy. Fear #2 vibrates at frequencies that are damaging and painful to human systems. Humans thrive at frequencies in the ranges of love, joy, bliss, integrity, beauty, enthusiasm, freedom, awareness, compassion, belonging, service, imagination, creativity just to name a few. Humans suffer badly in frequencies of fear, anger, fatigue, guilt, envy, rage, doubt, worry, resentment, self-pity, shame, whining, complaining, rigidity, fretting just to name a few.

Like frequencies attract each other. Thought and feeling frequencies are like clouds or clusters of sameness in the soup. Whatever frequencies you are generating and contributing to the soup you get that back and more. See a vicious and painful cycle here?

Fear is not personal. It is not personal to you or to anyone. It is an impersonal energy. Fear floats, flops, goops, oozes, impinges and slimes where it is attracted. Its physics, science, life. Like a dandelion seed blowing in the wind goes where it is blown without care, concern or interference. If you are not resonating with fear it can not blow your way. It will not bother you. You are relatively free of the negative influence of fear. If you do become aware of it, it will only be that you are aware of it in your vicinity but you won't attract it and therefore it won't stick to you.

Awareness is everything. You are not a victim. You do not have to be duped by the scam of fear and negativity. You can choose what you think and you can choose what you feel. You can choose what energies you want to experience and emit and whether you suffer or not.

And you can, and in fact, you have to recondition, recalibrate, retrain yourself to think and feel thriving, joyful, creative, good humor, thoughts that will set you free and give you greater quality of life. You will leave fear and negativity way behind in the dust and open yourself to love.

If a thief or drug dealer came to live in your neighborhood and set up shop you would just say NO! and then you'd probably call the authorities. You wouldn't let someone like that have any part of your neighborhood would you? It's not personal is it? It's just safe healthy boundaries and self respect.

*"Awareness is a gift granted to the courageous. You can't get rid of fear entirely, but you can come into control of your mind. And by disciplining yourself, you'll feel more confident and secure—it's not hard. Being afraid is a bad habit, but it's one that each of us can learn to handle." –Stuart Wilde, The Art of Redemption*

### **Understanding what you've just read can set you free but there is so much more.**

We've had the knowledge and wisdom for overcoming the negative effects of fear for thousands of years. It's in our ancient and current teachings from all cultures, religions, and wisdom's. The 'how to' has been there all along. It's nothing fancy or special or exclusive.

Both the old and new testaments tell us what to do with fear. They say don't do it. They both say do not do it. Do not fear, do not worry, do not be anxious about tomorrow. Be anxious for nothing.

Is the answer then, just don't do it? Is the way to eliminate fear and open to love to just stop doing fear?

Well, yes!

That is it! You stop doing fear, you stop feeding fear. You absolutely refuse in anyway and every way to suffer and engage in fear and negativity.

There is a bit more but that's the basics. Sound too easy? Too lame to work? Read on.

*"Maslow describing the self-actualized person; "Finally, you will see everything that happens in life with acceptance and amusement." Humor happens when you believe, incontrovertibly, that you belong here and that everything that happens to you is the legitimate landscape of your path." –Judith Orloff, Positive Energy*

## Powerful ways to eliminate fear from your life and open to love. Outline from pg 6

Resources:

What to do: first lighten up, laugh a lot, learn to play again.

*“Remember, life is fatal but it isn’t serious.”*

Seriousness is a symptom of the addiction of fear. It’s a dis-ease of fear. Nothing is personal and even though we might forget it in a moment everything always works out in the end. Everything that happens is life happening. And you are the only one who can say who you are, who you will continue becoming and how happy and successful you will be.

Then with fear

Admit you are afraid

Feel the fear

Give fear room, a hearing.

Before you try to fix it, you have to let it fully express.

Make space and time, tune in to what you are feeling and hold it, embrace it, grant it legitimacy.

Then something opens and you are empowered.

Act as if fear has no power over you!

Be single minded about being legitimately and powerfully responsible for your glorious life. Absolutely refuse to allow fear and negativity anywhere in your neighborhood!

Act as if you are fearless. Refuse the trance and pain.

Give up reasons: Notice/observe thoughts and feelings which are always fear based, problem solving, stories, past and feeling bad for yourself.

Absolutely refuse to pass on negativity to anyone in anyway at anytime.

**\*Use the Power of NO: Cosmic soap and water for cleansing your bodymind.**

***HELPING YOURSELF WITH COSMIC HEALING BY REBECCA CLARK***

-excerpt from Helping Yourself with Cosmic Healing by Rebecca Clark

Denials, the cosmic “soap and water” to clean your vessel of self.

Webster’s: Deny: has two definitions: to withhold from, and to declare to be not true, or to repudiate as utterly false.

From the standpoint of the study of universal truth denial is the erasing, cleansing, or releasing from your consciousness all beliefs thoughts, and concepts that are contrary to Truth. True denial is not primarily concerned with things, but with negative beliefs that bring about undesirable conditions. Denial is a process of cleansing the “error consciousness” and makes it possible for you to forgive, let go, release all negative thoughts and beliefs and refuse their return.

In the process of denial, use definite statements that declare something to be untrue of God, of man, of the Universe, or a condition or of a thing.

*THE IDEA IN BACK OF THE DENIAL STATEMENT CHARGES YOUR WORDS WITH POWER AND DOES THE WORK OF CLEANSING YOUR CONSCIOUSNESS FROM UNWANTED BELIEFS.*

When you are feeling undesirable thoughts or manifestations in your life, denials will help you to make room for rich, new blessings; it may be that you will need to continue to make the denial until you are ready and prepared to accept your new blessings. Use the fitting denial to release any negative thoughts and conditions. Then, when the vessel has been emptied of all unwanted substance, refill it abundantly by using positive Affirmations to bring in complete good. End.

***THE DYNAMIC LAWS OF HEALING: CATHERINE PONDER***

-excerpt from The Dynamic Laws of Healing by Catherine Ponder

Denial is the first law of healing.

Through the use of denial, you withdraw from your mind the negative beliefs and emotions that have played such havoc in our health. Denial is the first practical step toward wiping out of your mind the mistaken beliefs of a lifetime. What you believe in, you serve and are served by. As you change wrong beliefs you will find a change taking place in your trouble-some circumstances and bodily conditions. Scientists have long been at loss to explain why man's body should ever be sick or die, if it were properly fed and cleansed. Denial cleanses your mind and body of the negative beliefs and its consequence dire physical effects.

The word "deny" not only means to "withhold," "erase," "eliminate," "dissolve," "withdraw," but it also means to "declare not to be true that which appears true." Through using the healing law of denial, you begin to erase beliefs from you mind, and evil appearances from you body.

Through denial you can also go a step further, and declare not to be true the pain, inharmony and disease that may still appear for a time. As you deny them power, you rob those appearances of any permanent life, and they fade away from neglect.

Though the act of denial, you do not deny the existence of the adverse condition, or do you hesitate to seek technical treatment for a cure. But, along with this, you also begin to go deep within your thinking and recognize the adversity for what it is: a diseased appearance, created by your own diseased thinking. You then do something about it; you deny your wrong thoughts that brought it into existence. It is then you learn the truth of what ate-old axiom: "if you can put a thing out of your mind, you can put it out of your body."

**How to use your NO power**

Since denial dissolves, eliminates, erases, frees, it is your "no" power for healing.

Any thought, statement or prayer that helps you to say "NO, I DO Not Accept this appearance as necessary or lasting in my life," is a denial. Many a case has been healed when someone mentally said, "no, no, no," while people were talking of the ills involved.

You can free yourself from all sorts of troubles when you begin to say "no" to them, instead of continuing to dwell upon them.

True denial is a letting go of the lesser to make room for the greater/ Denial is a mental process by which you surrender all the old ghosts of fear, worry, sorrow, sickness, sin and suffering, that have haunted you, and kept your good from you. These ghosts were figments of your imagination. Through denial you cleanse them from your conscious even realizing just what they are.

As you cleanse your mind of negative beliefs, you withhold the substance of your thoughts from them. You disrobe them, rob them of their power, and their very existence.

Before your problems can be resolved, there must be a mental and emotional housecleaning which the healing laws of denial, forgiveness and release can give you.

You must be emphatic. Ancient philosophers found that hard conditions could be completely broken up and dissolved through extensive use of denial. You can use denials and dissolve your hardest trials, because denials contain a cleansing, freeing power.

Nothing, straightens out the mind like looking all claims of evil boldly in the face with the denial, "NO, NO, NO, IT IS NOT SO. YOU HAVE NO POWER. YOU ARE NOTHING. GET OUT." Not believing in evil takes the sting out of evil. When you remove evil's sting, you also remove its power! -End

### **Use Powerful and Firm Affirmations "I am my greatest self."**

An **affirmation** is a declaration that something is true. Once you have used the Law of No to clear your bodymind use affirmations to plant new seeds of truth, love, nurturing, acknowledgement, respect, esteem, value, and all the good and wonderful truths and love vibrations in which humans thrive.

Be firm and energetic about your affirmation. Say it in a way that you can feel it in your whole body and mind. As much as you can, really mean it!

Follow each and every No statement or session with powerful affirmations.

You will start feeling lighter immediately. The more you do it, the lighter you become, the better you feel.

### **Awareness and contemplation exercise:** from Guy Finley

Here's one example of a new and higher inner action to take when faced with the presence of any upset and discouraging inner state.

See that the size of the discouragement you feel is directly proportional to the size of your insistence that life conform to your demands. Then, having verified this truth for yourself, dare to quietly drop the self-defeating demand. End.

And whenever you are present to any thought, feeling, discouragement, fear, memory, judgment, etc. and any uncomfortable physical sensation or symptom deny it – use the law of no to clear it away, followed by an affirmation confirming the reality you demand in its place.

You will receive many more tips, tools, techniques, 'how-to's, and releases Monday, evening August 4<sup>th</sup> at 7:00pm PDT. Call in number to follow.

*\*\*\*This is a draft. This is only a draft. A work in process with a long ways to go: typos, edit, grammar, redundancies, incomplete intended copy, yadda, yadda, etc. all of it - not done. You will when it is done, receive the completed project. -TR*

## **Directions to the Healing Arts Center**

24953 Paseo de Valencia, Ste 22A, Laguna Hills, CA 92653

From the South: North take I-5, Exit Alicia Parkway, Left over freeway, Right on Paseo de Valencia, Right on Beckenham, 1st building A on the Left, second floor, Suite 22A.

From the North: NOTE: This is simple but can be a bit confusing as to date, most internet maps have the driving directions wrong. Take I-405 to I-5, Exit El Toro, (exit curves right) at the stop which is Carlotta cross over and go straight to the 2nd stop which is El Toro, cross over El Toro which turns into Paseo de Valencia, go approx. 1 to 1 ½ miles, turn Left on Beckenham, 1st building A on the left, second floor, Suite 22A.

Disclaimer: The information in this book is intended for entertainment, lifestyle contemplation and consideration only and is not intended as medical or health care advice.

# How to Make Friends with Fear, Eliminate its Negative Effects, and Open to Love

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