



The Power of Fear

What is the power fear has in our lives?

As individuals fear robs us of our dreams. It kills any initiative we may have to accomplishing something worthwhile and in doing so robs the world of our contribution. Fear stops us in our tracks.

Collectively fear can rob us of our freedom.

The result of the war on terror has created what was intended by the terrorists. The purpose of terror is to create fear. The US has always been called the land of the free, yet most Americans have given up a certain measure of freedom to feel safer from the terrorists. (I am not drawing a conclusion just making an observation). The war on terror has changed the way we view others and ultimately the way we live. It's affected our economy and no one has been immune to it's effects. Personally I had a cousin and her boyfriend that died on September 11, 2001 in New York.

But what is fear? Is it real? What is real for us is what we say reality is. Fear creates inaction or wrong action and is crippling in its effects. On a personal level, fear says we are have limited power, but our true selves is unlimited. If we were to know who we really are we would fear nothing, as we are divine beings with the power to create anything we desire.

Fear is energy. Everything that exists is energy and fear is one way that we choose to us our energy. When we feel fear we are like a deer frozen in the headlights of an oncoming vehicle. It immobilizes us.

How can we change what we fear? In a spiritual sense eliminating fear means shining light on our fears. It is bringing it out of the dark. Like a terrorist it can only achieve its goal by keeping invisible until it creates destruction in our lives. We can only change our fears by recognizing them and creating a plan to transform them.

We must be willing to look at the positive intention behind our fears. There is a positive intention behind all that occurs in our lives. As an example: we may be afraid of heights because we know that if we fall, we can die. Similarly a fear of snakes protects us from being poisoned. However we can go overboard with our fears.

To understand our fears we may ask: "Is this a rational fear or is it irrational"? Do I react without thought and allow my fears to rule my life? By taking the time to look at our fears openly without emotion we give ourselves the power to transcend them.



In the past I've had a fear of not having enough money. My response used to be shutting down and keeping to myself, not doing the things that I enjoy because I would need the money to pay bills. However when I sat down and looked at the money I had and laid everything out on paper I felt a sense of elation, because I found that I didn't really have to worry. I brought my fear out in the open and that is the only thing that eliminates them.

Here is an exercise for really understanding fear. (Taken from Emissary of light by James Twyman).

Take a moment and think of the most pleasant and joyful experience you've ever had. Become aware of where in your body that energy resides. Now release the thought of the experience and concentrate on the energy. Let it build until it feels like a force growing inside you. Take that energy and bring it into your heart and imagine a tiny door opening in your heart and let the energy out into the world.

Now think of a time when you felt intense fear. Become aware of where in your body that energy resides. Release the thought and emotion of the fear and just experience and concentrate on the energy. Let it build (just the energy – not the emotion) and move it into your heart, let it stay there for a moment and then open the tiny door and let the energy move out into the world.

The effect of this exercise is to realize that fear, love and any other emotion is just energy. It is the thoughts that we attach to the energy that creates the feeling of love or fear. When we can see our fears as energy we realize that we have the power to direct that energy in any way we desire. Our fears have no energy or creative power by themselves just what we give it.

We are divine beings with the power to create anything we desire.



Societal fears are the same. In Canada, a Member of Parliament (Congressman for the US) was forced to resign because after a visit to the Middle East he said that Canada should change their policy of not communicating with terrorists. I personally cannot understand what was wrong with that statement. He didn't say negotiate just communicate.

Ultimately sitting or talking face to face removes the power that terrorists have. We've tried bombing and fighting them into submission, and all that's been accomplished is the creation of more terrorists. Unless we bring them into the light they will remain in the dark which is where they have power.

Ultimately we will realize that personally and collectively we must be willing to view our fears in the light, openly and honestly. Only then can we eliminate them, for we cannot know what resides in the dark. The famous saying "Knowledge is Power" is a favourite of many.

Know your fears, embrace them, shine your light on them, for only then can you use the energy they require to create the wonderful, joyful life you are meant to live.