

## **Fear and How to Deal with It**

By Katharine Riddle

Every human being knows fear. At the instinctual level the fear occurs because of lack of understanding of the vast world surrounding us. At the emotional level it is more related to relationships and possibilities. At the mental level it is more experiential. It is true that a certain amount of instinctual fear alerts us to real danger and thus is beneficial. But most fear colors our lives with dread and immobilizes us.

Fear undermines our best intentions and makes it difficult to proceed in growth and understanding. Fears occur at each level of personality and soul development. Achieving fearlessness is not easy. Franklin D. Roosevelt is quoted as saying, "The only thing to fear is fear itself." While he was right, his statement makes it sound simple, as if fear can be eliminated merely by deciding to do so. Actually it is only by identifying what our fears are and where they are located in our personal beings that we can learn to replace them with courage.

There is no rational reason for fear. This is especially true of fears for loved ones or fears of what might happen, both of which reach out into an uncertain future. Though these fears may seem to be loving and unselfish, they are often not based on reality. They need to be tested out and examined for what they are. By using an affirmation such as the following, "Let reality govern my every thought and truth be the master of my life," and repeating it, the mind comes into play, and with it more clarity as to the nature of the fear.

These fears of what might happen to oneself or loved ones, and other fears, such as fear of failure or fear of physical pain, occur in the sentient (or emotional) level of our personalities. They can only be dealt with at a level higher than the one on which they occur. In these cases, it takes work on the mental level of the personality and a direct realization of the issues at stake.

Fears such as fear of the future, or a fear of death, are based on memory, imagination, anticipation and the power to visualize. The power of the mind increases the hold that such fears have over a person because energy follows thought. They are difficult to overcome and can only be dealt with from the higher perspective of the soul.

So how do we go about eliminating fear? Direct inhibition, refusing to let the fear arise in consciousness, is one way. But it is not the best way to follow; it can react on the physical body and the effort to inhibit can cause congestion or headache. A much better approach is to try to identify the fears and determine at which personality level they occur.

If it is at the instinctual level, some physical relaxation may be needed, leading to the quieting of the sentient or emotional body. If it is at the emotional level, it is important not to clothe the fear reactions with mental matter because that only strengthens the fear, causing a powerful thoughtform to be created. Rather, it is best to use the mind to throw light on the dilemma.

There is direct method of doing this. It involves relaxation, concentration and stillness and is especially useful when a person is in a state of panic. First seek quietness, relaxing the physical body, quieting the emotions and steadying the mind. Next visualize yourself (the personality) on one

side, the soul on the other and the Master (this could be Jesus or some other great being you recognize as your Master) at the apex of a triangle. Then with an effort of the will, call down a stream of pure white light, pouring it through the personality and soul, cleansing away all that hinders. Continue this process until you realize that the needed work is accomplished. At first you may have to do it many times. Later, just once will be enough to remove the fear.

This method is also useful for becoming aware of the complexity of the equipment with which we, as human beings, work to become useful servers in the One Work. In addition to using the pure white light we can also use the love aspect, flooding ourselves with love and light.

The legitimate fears that arise in connection with the circumstances of the work to be done, and from the knowledge of materialized obstructions to the work, must be treated somewhat differently. Here, again, is a definite method to follow:

1. Still the physical body.
2. Quiet, by temporary inhibition, the astral (sentient or emotional) body.
3. Link up with the soul and reason out the proper procedure in meeting the difficulty.
4. When you see your course, raise your vibration as high as possible and call down, from intuitional levels, added light on the difficulty. If your intuition and reasoning produce harmony and thus show the way out, then proceed, assured that nothing can happen but that which is for the best.

When the fears that beset humanity are rightly understood and used and transmuted by the knowing soul, they produce awareness and are a source of growth. They are that which conveys to the dormant soul in time and space the needed impulse, impetus and courage to progress that have carried the human race forward.

An effective way to keep fear from impinging upon us is to make frequent use of the affirmation, "Let reality govern my every thought and truth be the master of my life." Say this as constantly as need requires, forcing the mind to focus attention upon the significance of these spoken words. Use sound common sense and cultivate an attitude of mind that refuses to permit time for illusory fears to grow.