

Awakening Newsletter

#26

Encountering Fear

*An old Grandfather said to his grandson,
"Let me tell you a story.*

It is as if there are two wolves inside me. One is good and does no harm. He lives in harmony with all around him, and does not take offense when no offense was intended. He will only fight when it is right to do so, and in the right way.

But the other wolf, ah! He is full of anger and fear and pain. The littlest thing will set him into a fit of temper or depression. He fights everyone, all the time, for no reason. He cannot think because his anger and fear are so great.

Sometimes, it is hard to live with these two

wolves inside me, for both of them try to dominate my spirit."

The boy looked intently into his Grandfather's eyes and asked, "Which one wins, Grandfather?"

The Grandfather smiled and quietly said, "The one I feed."

In times of great social transition, a necessary step is the breaking down of institutions and structures that no longer are appropriate for the next evolution. This shift entails a period of uncertainty – old structures are falling apart, and new ones have not yet arisen. The current financial meltdown threatens our basic survival instinct. When survival is threatened we experience fear. When we imagine survival being threatened we experience anxiety. It is in what actions we take in response to fear where many of us lose our way. We go down one of two unproductive pathways.

1. We may attempt to repress or deny it by burying our heads in the sand and distracting ourselves until the experience passes. It's not happening. I don't have to be concerned with it. There's nothing I can do anyway. Fear then is pushed into the unconscious, where it hardens into pervasive anxiety that is always in the background, affecting all our perceptions.

2. Or we totally believe in the reality of the fear and then take actions based on making the unpleasant experience of fear go away. We build moats, security gates, and hoard and amass supplies. We contract and protect ourselves. We obsess over fearful thoughts and scenarios.

The experience of fear itself is not the problem – fear is like an alarm clock, alerting us to danger and mobilizing us to take action. But what is the first thing you do with an alarm clock after you are awake? YOU TURN IT OFF. It has done its job. The presence of fear is a wake up call – be alert to what it is trying to tell you, and then take appropriate action. This is actually a moment of great power - What will you believe in? What will you remain true to? Will you collapse into lingering fearful thoughts? Will you believe them as real? How does it feel when you do this?

We can only indulge and precipitate fearful thinking when we are falsely identified. Have you forgotten you are already whole and complete, whatever happens? Have you temporarily lost contact with that place in you that is always present, always alert, always RIGHT HERE?

Now, nothing in this recommends you deny the realities of the situation. These are edgy times. Take appropriate action. Keep your finances as secure as you can, but realize your true security is not to be found in your financial condition. As the Sufis say, “Trust in God, but tie up your camel first.” So tie up your camels, but trust what is happening, always, whatever it is.

So when fear of lack tries to establish itself as Reality, you could notice the abundance that is already around you. The truth is, most all of us in this country enjoy physical abundance far greater than the richest kings did a century ago. Go to a grocery and notice the incredible bounty stocking the shelves. Most of us can easily afford delicious, nourishing organic foods. Most of us have cars to drive, showers with hot water delivered to us,

toilets that flush. Wise girlfriend says, “If you think Nature is not abundant, try counting the number of needles on a pine tree.”

We are at the end of the Mayan calendar. The Hopi prophecies and the Book of Revelations in the Bible tell us these are the end times. Can we trust that death is a necessary precursor to rebirth? Can we allow the changes to happen to our structures so that a new form can be born? Can we begin to see fear as a passing experience trying to seduce us into believing it as Truth - False Evidence Appearing Real?

Oscar Ichazo, whom I studied with many years ago, has described the return of the Christ as “the simultaneous jump in consciousness of all of humanity into the realization of Oneness.” If this is true, won’t that be worth all the fear we had to face, and transmute, to usher in?

AWAKENING

Graduates of **THE AWAKENING INTENSIVE** have directly experienced that which is whole and complete and always present in them. Three intense days and you are Home, connected with who you really are, and free. The next Intensive is Nov. 14-16 – give yourself this gift if you are ready for deep, powerful, and lasting transformation.

Here are some quotes from the last group...

“The sense of power I gained here was nothing short of unbelievable. I came in with a deep intellectual understanding, but never thought it would be possible to find the emotional component. Now I know that it’s none of my business what others think of me. I am loving,

caring, passionate, sincere and authentic. I am more than enough. Now I know my Essence is located inside me I am whole and complete without needing anything from the outside.” - Alan, Motivational Speaker

“I was not a believer in this kind of stuff. NOW I am! I was tormented by what was going on in my life. I leave with far more hope and belief in myself and what I am capable of than I ever imagined I could be. I found astonishing pearls of wisdom. Thanks from the bottom of my heart!” – Alec, Model/Actor

“I have been in counseling since I was 15 and this is the BEST

experience I have ever had. I was hiding and didn't trust people. I found myself. I am capable, passionate, loving, and sexual. I feel grown up!"

– Josie, Product

Manager

"There was something missing in my life. I found a whole perfect self inside, I am so energized and passionate, full of love and ready to share it. I am confident, beautiful, loving, worthy of a good life. I am free! I am free!" – Patty, Sales

Manager

"Thank you for getting me back in the Game of Life! I came here looking for myself. I used to be a

fun guy loving life, and I had lost my way. I was dulling my feelings. I got back my passion. I feel so much power and energy in my body. I can do anything! I am now centered, loving, excited, and free to explore the adventures of life.” – Ron, Business Owner

“I found healing here for the traumatic events in my life. I broke through to the other side. I am SO glad. I am free, safe, loving, joyful, worthy and alive.” – Becky, Sign Maker

“I will never again doubt my inner Essence, I finally followed my instincts and they took me where I

needed to go. I have opened my eyes. I am full of gratitude. I am strong and unstoppable.” – Janet, Mother

“I had thought it, now I got it! I don’t have to be any specific way to keep people in my life. I feel peaceful. I am enough, capable, sufficient. I’m glad to be alive!” – Kathleen, Founder, Teacher’s Success

“I had copped out on my life. I went through my fear and regained my Essence. I am loving confident and powerful.” –Tina, Life Coach

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