

Lesson 27: Overcoming the Emotion of Fear and Worry

When we allow ourselves to be overcome by the emotion of fear and worry as they relate to the nature of our personal reality we are unconsciously inviting in many other emotional attachments that directly affect our daily life experiences. In order to release the emotional attachments we must learn how to overcome our fears and worries by shifting our focus away from them. In this lesson I will take you on a mental and emotional journey away from the disabling affects caused by your fears and worries and lead you into the light of truth as it pertains to the energy of the creative thought world.

When I am introducing a subject to my readers I often like to build the lesson on a foundation that begins with a dictionary definition of the key words taken from the title of the lesson which sets the pace for the entire lesson. So in today's lesson I will begin by first defining the words fear and worry. Fear is defined as an unpleasant emotion caused by the belief that someone or something is dangerous who is likely to cause pain or to be a threat. Worry is defined as giving way to anxiety or unease; or to allow one's mind to dwell on difficulties or troubles. Worry is also defined as a state of anxiety and uncertainty over actual or potential problems.

There are negative connotations that leap right out of the definitions of fear and worry and should not go unnoticed. First of all we see that fear ties into a belief and worry ties into anxiety and potential problems. So here again, just as I have written in a number of past lessons, we see that our beliefs play a very big role in determining the kind of experiences we can expect to have. Worry produces anxiety which all by itself throws up psychic blocks that makes it nearly impossible to deal with actual problems from a positive or creative frame of mind. Now the word 'potential' is an issue all unto itself because it insinuates the presence of something that does not yet exist except in the mind of the person creating its existence. A potential problem cannot become a reality except by the energy of intended creative thought. If you think of a problem as being nothing more than an opportunity to creatively resolve a matter that is to your benefit and perhaps the benefit of others too you will see that the problem was actually an asset rather than a liability. But if you create problems simply because you are worried about the potential for a problem to exist than you are walking right into a self-created mental and emotional landmine that will blow up in your face sooner or later. Newton's third law of physics states that every action has an equal and opposite reaction and the Law of Cause and Effect states that every cause has an effect. These are immutable laws that are governed on every plane of existence throughout the entire universe and the human experience is no exception to the fundamentals of these laws. Like it or not intended creative thoughts really do become things and like really does attract like on the mental and emotional planes.

According to the Emotional Guidance Scale it is of interest to note that worry ranks 14 which is not quite the midway point and fear ranks 22 which is the last position on the lowest end of the scale. So if you are overcome by both of these emotions and your circumstances are being dictated by them you are in fact functioning with these as your emotional set-point which simply means that you tend to dwell on these emotions more often than not. The problem is that you may not be aware you are dwelling on these negative emotions unless you come to this realization which is how you change the set-point. The purpose of this lesson is to help awaken you to this realization not only by defining and describing these two emotions but to show you how you are also incurring the wrath of other related emotions that are attached to fear and worry. These negative energies directly affect the quality of your life experiences in terms of your personal or professional relationships, your financial well being, your health or anything else you are inclined to be fearful of or to worry about.

What we fail to understand about fear and worry is that neither of these emotions is capable of altering our experiences in terms of what we desire vs what we do not desire. Fear and worry have a way of producing more of what we don't want because of the negative energy they attract on our vibrational frequency. More importantly is that since we are creatures of habit we can become addicted to the emotions of fear and worry. If you are not above your fears and worries you will remain beneath the rubble of the damage caused by your emotional addiction. In this respect these powerful emotions become more than just an emotional set-point. As you allow yourself to be overcome by fear and worry you are actually putting yourself in a trance-like state in which you create your undesirable realities by hypnotizing yourself with your own thought energy in conjunction with your beliefs. This is much easier to understand when you take into consideration that all thought is creative energy and your thoughts are fed by your beliefs.

In every human being there is a Divine Nature which appears to each of us through our beliefs. So it is from the belief structures we form in life that we will either be led to greener pastures or our beliefs will hinder us from attaining the things we desire. We will either live in a state of peace from an inner assurance or we will continue to be rocked by our fears and our worries. Now if that is not enough to contend with please be aware that fear and worry do not enter into your reality alone. They bring along all their relatives such as anxiety, discouragement, failure, unbelief and a lack of trust. When these negative forces join together they undermine our happiness and threaten our overall well-being. They bring chaos into our lives, destroy dreams, leave goals unachieved, ruin relationships, and block success in our endeavors. Fear and worry also cause us to doubt our own instincts and doubt itself is the biggest psychic enemy in terms of undermining all the potentials that exist within us. When we find ourselves suppressing our potentials we are in a sense squelching the fulfillment of our life purpose.

Every time we give way to fear and worry it is like we are strapping ourselves in for an unpleasant emotional roller coaster ride. We find that the things we desire to experience seem to stand outside of our reach or are difficult to attain or achieve which ties into the notion of perceiving the potential of non-existent problems. When we express the emotion of fear or engage in the emotion of worry we consciously or unconsciously communicate an attitude of lack that ties directly into the beliefs we hold fast too. The limitations we experience are the natural consequences that result from an attitude of lack, i.e. cause and effect. In this sense we become self-appointed victims of our own undesirable realities which we created for ourselves and perceive as such. We accept the limitations we experience not because we should but because we think we should and therein lies the difference. What we think when taken out of context by our beliefs and our perceptions and are constructed by our own imaginations can make us a prisoner of our own thought energy. This is why every sage, shaman, master and spiritual teacher strongly advises us to always guard our thoughts. So it stands to reason that if you really want to change your circumstances you must change your thoughts and you cannot expect to change your thoughts if your beliefs are feeding your fears and worries.

Most of us do not realize that we hold the power within us to imagine what we wish to attain or achieve and that thought and fear are contradictory to this imaginative power. We can create the realities we desire for ourselves but we will not be successful in accomplishing this if we do not take the beliefs we hold into consideration. You cannot expect to achieve a goal if you hold a contradictory belief that gives way to fear and doubt. When you are in the mindset of desiring to realize your dreams it would be in your best interest to first examine your beliefs before you can expect to get to first base. Once you have examined your beliefs you have the option of altering or changing the beliefs that otherwise would hinder or undermine your efforts. Taking on new beliefs might seem like a mountain to climb but once you recognize that your current beliefs are not and perhaps have not been serving you well it makes it much easier to alter or change them in favor of beliefs that will serve you well. Once you have tackled your beliefs you will not give way quite so easily to the emotions of fear and worry because you are building a more solid mental and emotional foundation.

The next step is to pay close attention to your thoughts. If you keep in mind that your thoughts are sources of creative energy and that when you act on your thoughts with intention you are transmitting that energy onto your vibrational frequency. So the degree of negative energy being transmitted onto your frequency is going to affect the results you can expect to get back. Once you recognize that your intended and very creative thoughts are painting realities on the canvas of your life you will be far less likely to give way to the emotions of fear and worry in terms of cause and effect. You will come to learn over time that fear and worry cannot negatively affect your experiences if your thoughts and beliefs are in sync with one another.

The truth of the matter is that you are self-empowering in that you possess the power within you to create your own realities. You and only you have the ability to make choices and decisions that will empower you so that you do not have to fall prey to the emotions of fear and worry anymore than you will ever have to concern yourself with someone or something that can be dangerous, will cause you pain or be a threat to you. Nor do you need to dwell on difficulties or troubles or feel anxious or uncertain about problems or potential problems because you are also empowered through your own creative thought process to instinctively know how to handle the challenges of life or at the very least to collaborate with the creative thought process of others to resolve problems. Through the same thought process that is capable of creating problems that do not yet exist you can avoid the potential for non-existent problems to become 'likely to occur' probabilities in your reality by creating desirable realities.

By learning how to shift your conscious awareness through the examination of your creative thought process are you then able to shift your focus away from the disabling affects caused by the emotions of fear and worry. This is when you will come out of the darkness and into the light of truth and begin creating desirable realities that do not limit your experiences. I hope that this lesson will help you to begin the process of learning how to overcome the emotions of your fears and worries along with all the other negative emotions that attach themselves and affect your life experiences. If you have any questions in regard to this discussion please do contact me at the email address below.

Thank you,

Linda, Z and the Collective We

Resources:

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