

Lesson 52: Overcoming Your Fears

Most everyone has something they desire to achieve and dreams they wish to realize as it relates to the realities they hope to experience in the course of their lives which includes their relationships. There are those who set out to pursue their dreams and accomplish their goals and do so in spite of any unforeseen roadblocks or obstacles. On the flip side of the coin are those who have trouble admitting that they have goals they would like to achieve and dreams they would like to realize much less to pursue them. While there can be many undetected reasons for an inability to pursue or to manifest goals and dreams, there is one important reason that can become a very debilitating experience which involves your fears. If your fears are stopping or inhibiting you from pursuing your own dreams and goals you will find this lesson to be very helpful. In the course of the lesson we will describe the different aspects of fear and then how you can learn to overcome your fears. Fears are expressed in many different ways, some fears are rather blatant and some fears are hidden or masked. The purpose of this lesson will be to help you reveal your own hidden or masked fears so that you can achieve your goals and realize your dreams or at the very least to manifest an aspect of them or perhaps experience new goals and dreams.

The emotion or feeling of fear is sometimes necessary for the sake of warning you of an impending danger; you might even feel fear when you have pain. However, there is a particular characteristic of fear that is important to bring to your awareness. It is that fear can be real or imagined and when it is imagined it is linked to a disabling belief that you may or may not be consciously aware of. Learning how to overcome your fears requires you to examine the beliefs behind your fears. Upon examination of your fears and the beliefs linked to them you might be surprised to find that your fears are unfounded, that they are not real at all but are perceived as being real. If you truly take an honest approach while examining the beliefs that are related to your fears you will be in a position to change or alter those beliefs which will relieve your fears and afford you the opportunity to achieve your goals and manifest your dreams. It is important to hold your fears up to the light of truth and see them for all their many facets. You may very well be at the mercy of your fears in terms of the realities you have created for yourself without ever realizing that it is your fears that are affecting your realities, your dreams and your goals.

When you are struck down or frozen in place by your fears you or others may not readily see them as fears but as some other perceived condition. For example, if you are simply unable to get off home plate where the pursuit of your goals or dreams are concerned you or others might perceive you as being lazy when, in fact, you are anything but lazy. What might really be going on outside of anyone's conscious awareness is that you are not at all lazy but that you are afraid to take the first step which is a crippling experience. Now there are some underlying reasons attached to the fear of taking the

first step which will be identified for you. You might have a false conception of your right to pursue your goals and dreams for reasons that have to do with the conditions or the environment you were brought up in as well as your cultural or religious beliefs. Thus the barometer of your self-worth, that is, the means with which you measure or gauge your self-worth may have inadvertently affected you with or without your conscious awareness. Your self-worth or the lack of it plays a huge role in your ability to pursue your goals and dreams. If the conditions or the environment you grew up in were not necessarily favorable to the pursuit of your goals and dreams you would have a tendency to not feel worthy of such endeavors. On the other hand, sometimes an unfavorable condition or environment is the catalyst that can drive a person to the pursuit of their dreams and goals. Some people see such situations as a challenge they are willing to overcome while others see it as a negative experience in which they find little or no desire to pursue much of anything. In this case you might be inclined to take whatever life has to offer and go with it; accepting mediocrity instead of pursuing something that you know deep within you is meaningful and desirable and is perhaps the fulfillment of your life's purpose.

Your self-worth may have been shot down, either as a child or even as an adult. If anyone in your life circle described you as being lazy, unmotivated, stupid, not capable of succeeding or the likes of such negative connotations, you must recognize that this is not who you really are; that the picture they drew of you is a distortion of your character. There are many reasons why these situations occur in life. Sometimes they are meant to challenge you on a psychic level. Other times they occur because those who made such claims about your character were speaking from ignorance or from their own limited experiences that were connected to their own personal beliefs as well as the environment or conditions they had their experiences in. This is why it is so crucial to understand how you formed your own realities and why. Much like a lump of clay on a potter's wheel the thoughts you impress in your mind form the realities you experience, thus the more limiting your thoughts are the more you fence in your possible desired realities. In this case you owe it to yourself to claim back your individuality.

You may have been confronted with a lack of belief in the validity of your interests to the extent that what you desired to pursue was shot down as not having enough value or was described as not being worth your while, say for example, in terms of making a living. You may have had a keen desire to become a teacher, a mathematician a scientist, etc. only to be told that you will not earn enough money to support yourself much less a family. The opinions of others who do not see the validity of your reality the way you see it can do more harm than good. In this case it is to your advantage to not let such unfounded criticisms decide your destiny. Your desires are very valid and you do not need anyone's approval to pursue it as long as what you are intending to pursue is not selfish or intended to harm another in the making and of course, does not threaten to harm you.

Fear of failure is without a doubt a very debilitating and defeating experience. If you fear failure than you can surely count on failing as thoughts will always become things. But it is not enough to just say that you fear failure without examining what lies beneath the surface of fearing failure. Again, it is necessary to go back to the preconceptions others might have of you or that you might have of yourself. If you have been told that you will surely fail in your pursuits, whatever they may be and for whatever ever the reasons are and you hold that opinion or criticism as a belief then you are destined to fail. The beliefs you adhere to whether they are founded or not will directly affect your endeavors in that they will either turn out the way you desire them too or they will burn out and never come to fruition. The choice as to which beliefs you will hold fast to as a truth is yours so in this sense you truly do write your own ticket regardless of what someone may have said about you. Your freedom lies in what you choose to believe or not to believe.

Fear of success is just as debilitating as fear of failure. No matter how many people pat you on the back and encourage your success, if you fear reaching the top you will be just as defeated as if you feared failure. You might be stricken with fear at the thought of becoming successful. The reason for this is that you might fear the responsibilities that go along with success as well as the commitments and the sacrifices that have to be made. If you are not psychologically geared for success you will have a very hard time achieving or maintaining your desired measure of success. Being psychological geared for success simply means that your state of mind is or is not conducive to the implications of success, perhaps in terms of acquired wealth or perhaps even fame or notoriety. It also means your willingness to accept lifestyle changes that go along with the pursuit of certain goals or dreams. Everything has its degree of consequences as the result of cause and effect and even desirable consequences can be frightening. In this case it is vitally important that you take the idea and the motivation of success one step at a time, after all Rome was not built in a day. The road to pursuing your goals and realizing your dreams often involves many lessons to be learned along the way. These so-called lessons can present themselves as unforeseen roadblocks or obstacles thrown in your path. Successful business men and women and entrepreneurs know all too well that the path to success is not without its challenges which they learn to view as opportunities from which they expand their experiences. Again the pursuit of any measure of success is always directly tied to the beliefs you hold which can be supportive or limiting to say the least. Your beliefs will either expand your experiences or they will fence in your experiences – the choice is always yours to make.

Another aspect of fear where your goals and dreams are concerned has to do with the fear of abandonment which can literally stop you dead in your tracks. If the description of abandonment applies to your personal situation you will want to take this matter into serious consideration. The fear of abandonment can strike you unexpectedly and leave you in a very undesirable position where you will be forced to make choices you did not

anticipate making. Abandonment in this sense is inflicted upon you when you set out to pursue a personal goal or to realize a particular dream and the people who you most count on for support are not aligned with your visions. Sometimes they will go so far as to make it blatantly clear to you that you do not have their support which leaves you feeling abandoned, feeling isolated and forced to pursue your goal or dream without their support. Such a level of acceptance may be crucial to you and without that acceptance you might feel that your pursuit is not worth your effort or you may embark on your endeavor without your family or friends, as the case may be, standing in support of you - you may have to go it alone. The lack of support generally has to do with the other person's values, what they deem or perceive is worthy as it applies to their own set beliefs. When you find yourself in the midst of such a situation you might be perceived as a rebel, that you are going against the beliefs, values or traditions of the family. Sometimes it is very difficult for family members to conceive of their off spring desiring to go their own way rather than, say for example, entering into the family business or to fulfill the hopes and dreams of the parents. In such a situation the parents may feel hurt perceiving your own personal desires as poison arrows shot straight through their heart because it impinges upon their own personal, cultural or religious beliefs rather than being something they should whole heartedly support you in. Instead they place an unfair and undeserved guilt upon your shoulders and treat you like an outcast. You are then left to find your way to achieving your goals or dreams on your own with little or no support or at least until they are swayed to your thinking. They may also fear that your endeavors might in some way be harmful to you because of a perceived danger involved or certain unappealing risks that could put you in harm's way such that you might risk losing a large sum of money, possessions, and a relationship or be physically harmful to you.

Of course there is the perplexing problem of believing that you are not good enough, smart enough, educated enough, that you lack the necessary talents, skills or abilities, or that you come from the wrong side of town in which case you might be of the false belief that you are automatically destined to fail. These mental restrictions tie directly into your feelings of self-worth as well as your beliefs. If any of these mental restrictions speak to your personal situation know that the only way to come out from under them is to first change your beliefs. If you do not believe in yourself then it will be very difficult for anyone else to believe in you. But believing in yourself can be a very difficult exercise because it requires you to abandon your false conceptions, your limited thinking, your disabling beliefs and your very deceptive perceptions. Everyone is born with the necessary skills to pursue the goals and dreams that inspire them. If you were not inspired by your own personal goals and dreams then you would have no reason to pursue them but because you are inspired to pursue them then know that they are there for a reason. The psychic energy of these goals and dreams exist within the deepest parts of your being, they are the essence of you on a psychic level which goes beyond

your human existence. Consequently, you are already equipped with whatever it is you need to pursue your goals and dreams. Sometimes the talents, skills or abilities are not necessarily apparent on the surface of your conscious awareness but that does not mean they are not latent within you and are just waiting for the right conditions to manifest themselves. It might require a period of training or an extended education, or an apprenticeship to get you where you desire to go and above all a belief in yourself. Whatever it is that you wish to pursue you will arrive there if you stand steadfast in the belief that you are very worthy and that such a pursuit is your birth-right to accomplish regardless of what someone else thinks or says. Even in the face of possible abandonment you still have every right to explore your desires because ultimately it is you who will have to bear the consequences of not having done so one way or another. In this sense, you might be left with a nagging feeling from within, a sense of something not having been accomplished that should have been which can leave you in a constant state of agitation or in a mental/emotional state of turmoil. The effects of this situation is that not only do you suffer but so do those around you simply because the unhappiness and dissatisfaction will eat away at you and while it does you will be inclined to manifest this unsettledness in your attitude and in your behaviors. As a reminder, none of this discussion is in reference to selfish motivations or a desire to harm someone. It is not necessary to step on anyone's toes to get where you want to go. Being malicious is not going to win you favor with anyone but will isolate you from those who can psychically and physically help pave the way for you.

Another aspect of fear relates to the fear of being able to finish what you have started which again is tied directly to your beliefs and your self-worth. If your mental state of mind is governed by limiting thoughts, disabling beliefs and deceptive perceptions you will have a great deal of trouble finishing what you start; this includes the relationships you desire. Also if you are on the wrong track attempting to pursue something that is not in your best interest you will have trouble reaching the finish line. An important aspect of the fear of finishing has to do with a prevailing mental attitude of the need to be perfect or to attain a state of perfection. If you insist on perfection then you are doing yourself a terrible disservice. For one thing you might not be consciously aware that the term perfection implies a state of completion with nothing more to be added to it. Life is not about attaining a state of perfection, it is about change, it is always in a state of flux and you are always in a state of becoming. Perfection in itself is a deceiving concept or ideal that many people buy into and often attempt to push their philosophy of perfection on others even while they themselves fail at being perfect. If you are harboring the mental and emotional mindset of perfection as a psychological belief structure please know that it would be in your best interest to ditch the idea of perfection because it limits you in more ways than you might even realize. You must wake up to the awareness that there are no perfect parents, no perfect home, no perfect children or other family members; no perfect friends or co-workers, no perfect cultures and

certainly no perfect religious beliefs nor are there any perfect places of employment or self-employment. You will never do anything that ever reaches a state of perfection because you are not perfect in any aspect of your being. If you were you would have no need for a physical life because physical life requires an ongoing personal and spiritual journey that never really reaches perfection or completion in the sense that you might think it does.

People often fall prey to the false belief that their desired accomplishments when not pursued or brought to their fruition was not meant for them to experience. Instead of pursuing their goals or dreams they merely accept their inability to manifest their desires as being their “lot in life.” This mentality is very deceiving and in some cases serves as no more than a scapegoat from which to avoid the responsibility of looking inward. If you perceive yourself in this manner you have done yourself a terrible injustice if for no other reason than the fact that you have negated your own worthiness, your validity and perhaps even the fulfillment of your life’s purpose in some manner of speaking. Often these beliefs are connected to a cultural or religious belief which often negates the validity of the human experience, wherein the acquisition of wealth or material possessions or even relationships are considered to be sinful in the eyes of God. Nothing could be further from the truth. What is true is that if you acquire your desires under the guise of selfish motivations and you hoard your possessions then you are indeed going to incur the karma of your selfishness. But if your intentions are honest, sincere and you are a person of integrity you will be blessed in many different ways. Even Jesus himself said that “I have come that you may have life and have it more abundantly.” However, an abundant life means something different to many people. Some people consider a strictly spiritual journey as an abundant life which is very true in every sense of the word. However, any service you unselfishly do that supports humanity warrants the rewards of an abundant life as well. This even applies to your relationships. The more accepting you are of those in your circle of life, as well as those on a global level, the less fear you will have to endure and the more abundant your life experiences will be.

Many different aspects of fear have been brought to your attention except for those that involve relationships. The fear of losing someone you may be involved with in a relationship can be a very crippling experience. In this sense your fears will keep you under the spell of believing that certain someone will vanish from your life. You may also be convinced that you are not worthy of that person’s love or you may fear losing that person to someone else. If your fears overtake you, your thoughts will affirm your fears as will your beliefs and perceptions, hence you will act on your strong emotions in a negative way which will eventually force that person away from you. Unfortunately, you are typically unaware that your fears are going to become your reality and that which you fear the most in your relationships will be what you will actually experience firsthand. You have no one to blame but yourself. If you have a tendency to want to

change someone near and dear to you, be assured that you are barking up the wrong tree and that eventually your determination to change, alter or control another person will come back to you in some way, shape or form. You may not readily recognize the fruit of your attempts but be sure that when things go wrong in your life that your need to negatively affect another person's reality will manifest negatively somewhere and somehow in your own life experiences.

Many aspects of the feelings and expressions of fears, whether consciously or unconsciously, are nonetheless a driving force of negative energy within you that you must come to terms with if you truly want to change the conditions of your personal experiences as they relate to your goals and dreams and even your relationships. We hope that in bringing the different facets of fears to your attention as well as their implications has helped you to sort through your own fears. We hope that the information contained in this lesson will also help you to learn how to overcome your fears, now being equipped with a new knowledge that should invoke an attitude of right thinking. If you have any questions or wish to share your comments please feel free to do so.

Many Blessings,

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Recommended Reading:

Donald Trump, Think Like a Champion

Julia Cameron, The Artist's Way

Julia Cameron, The Artist's Way at Work

John C. Maxwell, How Successful People Think

Marc Allen, The Greatest Secret of All

Mary J. Lore, Managing Thought

Orison Swett Mardin, Victorious Attitude