

COMBATING FEAR

UNDERSTAND & DEFEATING

I personally believe the most crucial aspect of my work is to dispel the power we give to the emotion of fear. Fear is not only an illusion but the largest block to personal growth and the potential of the human spirit to excel. Fear binds people to inner conflict and deprives them of a sense of individual freedom. By being *in fear*, we cannot live *in love*, and indirectly we say goodbye to a lifestyle rich in creativity and productiveness.

Fear is like a vicious circle: When we tune into it, we give it life, then we attract the very thing we fear, and consequently the fear becomes our reality. In other words, the old adage *What you fear comes upon you* is true. We must remember that our thoughts create. Thought is God's energy or creativity. We can use this energy any way we please because we have free will. We must also realize that we are responsible for the results of our thoughts. When we persist in thinking a certain way, such as *in fear*, such thought energy takes shape in our life.

When I begin the process of reading my clients psychically, I inform them of the way they allow fear to enter into their minds and how their fears affect their bodies, their overall health, and

their lives in general. As simply as possible, I help them to recognize this adversary and to find ways in which they can change the beliefs that lead to their fears. If they truly get it, they access an enormous number of creative possibilities within themselves.

At first, it is very difficult. People are not likely to change so quickly, especially after decades of conditioning by their families, society, and religious control. But, if anything, I am able to plant a seed and enlighten them to see all the possibilities. By opening a new door in their thinking, I can steer them to use their thoughts in positive and loving ways.

One of the biggest fears is the fear of loss. To some, this fear appears as an impossibility to acknowledge any happiness, goodness, or abundance in their lives. To those who have everything they have always wanted, they might feel on some level that they don't deserve happiness or are not worthy of abundance. Others cannot even imagine a life of fullness and joy because *it is too good to be true*. They think that something will go wrong, and it usually does. I often tell my clients to remember that we are made from the Light. The Light is all-encompassing, always creative, and always bountiful. Even though one does not see the Light, we must believe that through God (Light) anything is possible. God always says *yes*; we are the ones who say *no!*

Included in this fear of loss is the fear of death. I definitely believe (and this may go back to my psychology classes on Freud) that unconsciously the desire and instinct to stay alive is the strongest. Many of us are primarily ego-based and do not want to even acknowledge an end to life, and therefore we fear death. This fear results from the fact that death is a condition over which we have no control. Death is the absolute unknown. It is beyond our human senses and rational, logical thinking. We fear the unknown because we don't know what to expect. We not only don't know what to expect of death, but where, if anyplace, we go. It is unfortunate that death is the ultimate news story because it is this kind of scary thinking, constantly shaped by our society's primitive view of death, that reinforces our fear.

It is amazing to me that so many people still believe that when

WE DIE, WE CEASE TO EXIST