

Dealing with Fear Text

Gaining perspective

People's fears are very real to them, and are not to be dismissed as silly. Sometimes it is easier to admit to a smaller fear, than acknowledge the bigger ones. This is a mechanism people employ (sometimes in an automatic way without realising it) to feel safe and unthreatened; to feel better about themselves; to feel less silly or unreasonable.

You may be embarrassed by your fear, and feel you should be able to 'pull yourself together', so guilt may be part of your inner landscape, but you have no need to be.

Fear is the body's way to stay safe—we just wish to be in control of it.

Acceptance of your fear is a great step towards letting it go. When you accept your fear you begin to take control of it—it is out in the open of your consciousness, and begins to be seen for what it is.

'What are you most frightened of?'

'What do you feel is the worst that can happen?'

Acknowledge these to yourself.

Nothing is ever lost

Often fears are to do with a projected sense of loss. Nothing is really lost, only changed—change of self, or of circumstances around—but change is very hard to deal with.

Fears are also influenced by the belief that your quality of life/happiness is based on having certain material/physical things and certain situations met.

White Eagle says that happiness is really dependent on how you think about, make use of, respond to, what you've got. A rich, beautiful, intelligent, creative person can be bored, unhappy, hurting, lacking in confidence, and afraid, as much as anyone else.

Happiness is a sense of wellbeing, and does not lie in certain states/people/events, but in what you think about life.

Try affirming:

No matter what happens I can reconnect with joy.

White Eagle says:

For every seeming loss a rose is grown in your soul garden

Regaining control—You are much more than you think you are

People feel that there is nothing they can do about a fear, so having an action you can take is helpful. A fearful state feels permanent, and the only recourse seems to be to move away, or to close off from the object of the fear. To actually move towards and through the fear takes courage, support, confidence, trust—but the pay-off is tremendous. How can you help yourself feel safe, empowered and trusting?

White Eagle tells us:

With each incarnation let us remember that only a part of the soul comes back, and not the greater self; what incarnates is only a feeler, an arm put forth to gather more experiences into the greater self.

With this in mind can you imagine something more than your earthly self being in control? Can you visualise a greater, eternal self: imagine how you would be: powerful, aware and conscious of the whole plan for your life and unfoldment. Take a few moments to see that self surrounding your earthly body and influencing it, bringing calm and control.

This will also help if you are feeling negative about yourself in any way. Many negative thoughts about the self can occur in someone who is afraid. Being ruled by a fear means that you begin to doubt yourself, your contact with life and the spirit, to lack confidence generally in your abilities, strength, faith etc—in your worth. When and if this happens, again remember that you are more than you think you are.

If affirmations are a help to you affirm: I am a spiritual being.

Control of thoughts

Much fear is based on what you are thinking. Thought is much, much more powerful than you realise, and our thoughts can and often are much more imaginative and larger than the reality. Hence the 3 o'clock in the morning scenario, when everything seems incredibly bleak!

These are White Eagle's words:

'Well, White Eagle,' you say 'why tell us to control our thoughts—it is not possible!' I give you a simple method. When you have a piece of work to do, even if it is only hammering a nail into a piece of wood do it with all your might. Concentrate your whole being on the job in hand. Do not do one thing and think about a dozen others. Make yourself interested in the particular piece of work in hand.

Learn that eternity is now, the future is now. There is no past or present or future as separate periods of time—all is within the soul's embrace now. It is your reaction to the now which is your future. Never look into the future and anticipate this, that or the other, for to do so is to live in fear. Live today with God, and your future can hold nothing but joy.

Your divine plan

God is all-powerful and God is in you, therefore:

There is no need to worry about anything. You are governed in life by spiritual laws. God knows your need. If certain experiences are coming, they are sent to you through the wisdom of God your Father. There is no need to be anxious. Hold up your head and square your shoulders and say 'This is going to help me, not destroy me.' Think constructively, know that the future holds good, not evil, and that which seems to threaten so darkly will in all probability pass over. A sorrow can be like a rainy day with sunlight shining through. And sun through rain creates a rainbow. So it is with human life.

Also, God's love for your loved ones is greater than yours:

Look to the Sunlight of God your Father/Mother, knowing your loved ones are in God's care, and that God's love for them is greater than your own.

The power of surrender

Though it seems ironic, because your greater self, linked with God, is in control, to surrender to that inner control is one way to let go of your fear. This requires trust in that greater control, but practising letting go brings greater and greater trust as you find yourself released and at the same time stronger.

Surrender to God's will and love and all fears will leave you; and all knotty problems will be dissolved.

This does not necessarily mean that nothing will ever happen to you again which is difficult, but you will find a reservoir of power and fortitude which you perhaps did not realise was there. You will also understand the process, and therefore not frighten yourself with thoughts of what might happen.

Don't try to make things go the way you want them to go, but relax and centre your whole aspirations upon the light, and the realisation of the power of the light in your own heart. God's plan is wiser than yours. Trust in God.

If you will endeavour to get the feeling that the world is holding you up instead of you holding the world up, you will be surprised how much easier you feel.

Meditation and Silence

Why is meditation a useful tool to overcome fear?

White Eagle says:

Be still and know God and you will possess abundance of all things. Touch the silence, and the power of the spirit will flow into you and disperse all your fears.

Through touching the silence and stillness, even if you don't think you do very well, you are allowing your greater self to draw close—the Christ power within you is unveiled—and begins to work to disperse all negativity. No one can prove this to you, just practise.

If meditation is difficult to begin with, then relaxation will help. Use White Eagle's words below to lead you. Your mind will probably rebel, especially if you do not feel that all is well. However, what you are doing is affirming the wholeness, wellness of your spiritual being. You are calling upon it; bringing it closer to the physical. In your spiritual self you know that all is well, and to overcome your fears you need that reassurance. Put the everyday mind on one side and go with it:

Relax, be still. There is nothing to fear. Just rest, feel that you are sustained on a great ocean of strength and of infinite peace. Your needs are all known to invisible and angelic presences, and every true need will be supplied. Have confidence, confidence in the Source of your life. Be still; all is well.

Sensitivity, strength and solar plexus control

White Eagle understands the difficulties of the earthly vibrations with which we are surrounded:

We see the hardships you are all enduring. The world is chaotic, not only because of conflict, but because of the astral and etheric forces to which most of you react. You have finer bodies than you realise, and these thought forces are all beating upon your sensitive bodies and cause you nerve strain, heartache, sorrow, fear. Try not to let your thoughts dwell upon chaotic material conditions, but let your life be lived in the consciousness of the all-pervading Spirit of the Father-Mother God—the Great White Spirit.

So, if we wish to control our personal fear, one way is to lift our thoughts about conditions in the world and our lives from chaos to faith in the power of the Spirit to bring good. He also says:

The solar plexus, as with an animal, is the first chakra which can be impressed from the etheric world. You react to emotion, to shock, to fear, to joy, at the solar plexus. Have you not 'felt your inside was turning over?' That is the sudden shock made upon the solar plexus through the nervous system.

When you feel afraid, or before you go into difficult conditions, see a cross within a circle of light, like a shield in front of your solar plexus (between the navel and the diaphragm). This is a vibration of love through which only love can pass and it will help you radiate love rather than fear—help you attract constructive forces.

Transformed energy

Every fear you have; every negative emotion, can be transformed into healing energy by the power of the light within your own heart. It sounds too simple to be true, but it does work.

Control over emotion, anger and fear is done not by repression but by sublimation of these emotions. These emotions can be subdued and transmuted by the Christ within, and any passion

that has been aroused, instead of injuring and destroying goes forth instead with power to heal, to bless, to lighten the burdens of the world, manifesting amid the darkness as pure white light.

When you feel afraid, imagine that fear as an aura around you. Take your attention to the heart chakra at the centre of your chest and imagine a point of light there which is so powerful it can overcome anything. With every breath you take, see that light expanding until it fills every cell, and then spreads out all around you and you are in that light. At that moment the darkness of fear is not only gone, but transformed into rays of light which go forth from you to the very condition you are anxious about, bringing healing.

Be confident in the love and the wisdom of God and remember that if you go into shadow, darkness will not touch you if you are radiating light.

Make the following teaching from White Eagle part of your thought atmosphere:

Light is eternal. Darkness and evil are in essence transient. Light is eternal because it forever recreates. Darkness and evil are transient because, by their very nature, they destroy. There is only one principle which is eternal and this is the principle of light, of good, of God. Put in another way, although there are the two aspects of positive and negative, the negative is ever subject to the positive and is eventually absorbed into it.
