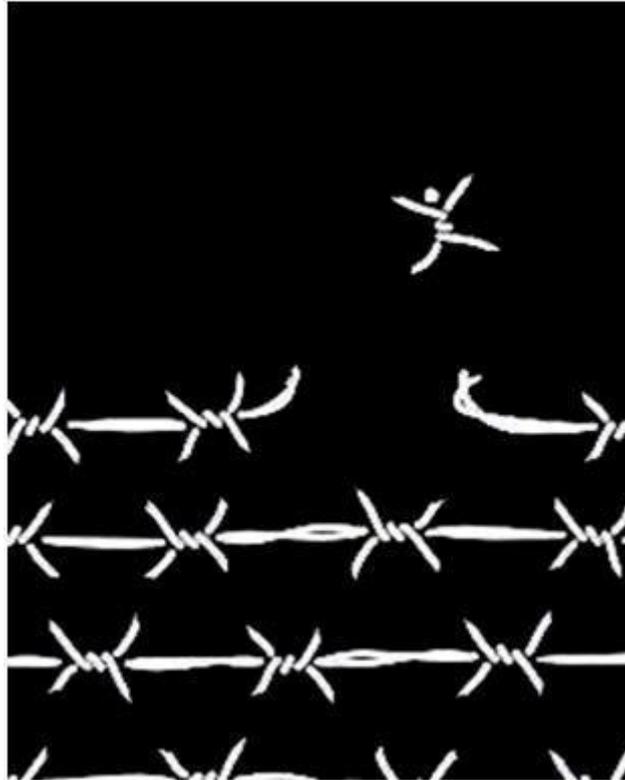


Freedom from Fear

Through the experiences that life brings

- Gerald Westhoff -



Fear is self-Love, just like Desire.

Gerald Westhoff

"What a strange creature fear is. It only exists when there is resistance to its existence."

Gangaji

"I have not ceased being fearful, but I have ceased to let fear control me. I have accepted fear as a part of life — specifically the fear of change, the fear of the unknown; and I have gone ahead despite the pounding in my heart that says: turn back, turn back, you'll die if you venture too far."

Erica Jong

"With an open mind, fear can become your greatest ally, because facing fear means facing your life, and facing your life means living your life. You become courageous and victorious over the world of good and bad, right and wrong, comfort and pain."

Dzigar Kongtrul Rinpoche



Fear is self-Love, just like Desire. Only, we have forgotten the true nature of Fear and label it wrongly by our mind. Just think of any fear, for example the fear of losing your money, your mobile, your files in your computer without backup, your safety, your health, your friend, your partner, your life and so on. Then feel in your body what happens, what is the felt sense and sensations that come up, without trying to put a 'label' on it.

Fear is nothing else than a form of self-love for survival felt in the body and interpreted by the mind, not heart. Fear is loving our selves: fear wants us not to get hurt, fear wants us not to feel pain nor anything unpleasant.

Fear wants us to survive. Fear loves our selves relentlessly, unceasingly, unconditionally and always arises unfailingly when fear feels we need it. The self preservation of the body is this self-Love we call Fear.

Fear arises from the memory of some unpleasant experience, thought or feeling we had in the past - and fear is the avoidance mechanism of that, through the body. Fear is being programmed from early childhood experiences onwards, and it continues to be programmed through our life. It is in its deepest nature something completely impersonal.

Fear is one part of the body's avoidance-repetition mechanism in which the other side is called Desire. Like 'Fear' arises from the memory of something unpleasant, 'Desire' arises out of the pleasant experiences, pleasant thoughts or feelings we had in the past, which we labelled as pleasant and which our body likes to repeat.

It is so remarkable that to each of us, we can more easily perceive in our mind a 'desire' as self-Love than we can see 'Fear' in just the same way and same label. There is nothing stronger than Love. The expression and digestion of that love comes in these two flavors, 'desire' goes usually straight to the heart, and the flip-side 'fear' usually goes straight to the head or mind.

Because each expression of love is so strong, it is so difficult to withstand Fear and Desire, leading to compulsive behavior, craving, infatuation, procrastination and addiction but they also lead to art, creativity and passion.

When a fear arises and we do not want it to stay, as it is not functional anymore at this moment, we can do just the same with that fear as we can do when we feel a desire and we want it to go away. We bring it into awareness. This is also called mindfulness which we really shouldn't confuse with the unaware mind-foolness.

When practicing mindfulness, we actually take a step back and detach awareness from the experience as being something personal. This is what happens also during meditation. We notice the experience that arises in awareness, then we can recognize or thank the experience (whether it is fear or desire) in one form or the other (as it arises as a feeling in your body) for being there and showing itself. Then refrain from minding it, refrain from interacting with it, refrain from feeling it, refrain from wanting it and refrain from giving it attention.

When you do not give it any attention, it has nothing it can 'stick' to, it will not grow and then it will disappear to the same place from where it appeared. However, since a fear goes toward the mind, it is much different for mind to let go of fear than it is for heart to let go of desire.



The most important in this process is to step back and not to “I”dentify with the thoughts related to the fear that come to mind. This is difficult because the sensation which is felt in the body and we call fear, is felt as ‘a tension’ – and we are humans wired to give “attention to a-tension”. That is natural to us.

Once the mind-process to think starts to give thoughts about the fear which is felt in the body, it will continue thinking about it in a loop as long as it is minded and given attention. This loop strengthens itself continuously, which can be completely subconscious, and then there seems to be nothing that we can do about it. The felt ‘tensions’ only become stronger and stronger, as long as we give it our ‘attention’.

The only way to break out of such a loop is to realize that you are not your thoughts, that those thoughts are not reality in the here-and-now. Your mind is singing a love-song about this fear (self-Love) to your self that goes for example like: “what can happen if I lose my safety, lose my health, lose my money, lose my partner, lose my life” and so on. It is repeating this same refrain of the love-song only with other words or on another tune, depending on the answers and subsequent thoughts that arise in the mind to the feeling you labelled as fear.

The thoughts trigger again new feelings and tensions in the body. During this happening and you becoming aware of it, if you want to but it is not even necessary, you can start as exercise to slowly humming in tune with your thoughts, just softly, monotonous and deeply. If you want to add a vowel-sound to it you can just add the ‘Aum’ and, if you want, you can make the humming inside your mouth and chest bigger. You can let it resonate into your belly, your whole being, like enlarging it into some kind of resonance-box.

Now what can happen then, once you’ve become aware of these thoughts and feelings, is that your heart picks up on this love-song of self-Love, which we used to call fear. Music is the language of the heart, and it can pick up a sad song or a love song even if it is sang by the mind in the form of thoughts and words, if it is to a melody, a humming, or even internally in absolute silence.

The heart’s innermost desire is the same origin as the fear. This mechanism, which in its truest nature and form is impersonal, is called love. Embrace your fears in the same way as you embrace your desires. Bring them to your heart. Do not run away from them, do not push them away, but just accept them exactly the way they arise, are felt and experienced.

Just love them. You are that love, they share that same source of love, and you are just experiencing the tension and feeling in your body which you labelled fear and desire, but these labels are not ‘You’.

Then at that moment, the most miraculous thing can happen, when you have completely accepted your experiences as they are, the tension can simply disappear and you will feel a freedom in its place. The freedom from fear. Freedom which arises from oneness.

This is the freedom of love, of bliss, of light and happiness. There is nothing that stands in your way. Just do it, just be it, just live it and experience it yourself. Enjoy your fears just like you enjoy your desires and simply be with the one and shared joy of love that underlies them both.

“If there is only one, there cannot be a second to be afraid of.”

Ramana Maharshi





NBI

Nondual Biodynamics Institute

Bodywork for the Soul !!

F-E-A-R: has two meanings:

1. Forget Everything And Run

or

2. Face Everything And Rise



The Choice is Yours!

