

Lesson 10

Healing Your Greatest Obstacle to Spiritual Growth: Fear

Greetings Dear Old and New Friends;

A very wise dear friend of Patricia's once said, "I want to become a fearless woman." Once those words made their way from heart and brain to vocalization the intention was created. Because of her sincere desire she will indeed become a fearless woman. Ending fear can of course be accomplished within both human sexes. Although due to Earth's cultures, sexual biases and parenting practices it can be more difficult to admit to fear if you are a boy or man.

The fear we will discuss in this lesson might be what some would believe to be less energetically charged than in the arena of warfare. Fear can literally live within you, speak to you and call your name on a daily basis. It's dialogue may sound like this, "I can't ever accomplish anything."; or "I'm not smart enough."; or "I'm not worthy."; or "I would rather be alone than take the risk of being hurt in a relationship again."; or "I'm not wise enough to help others or write a book, or believe I can have physical wellness, or become debt free, or connect with my spiritual guidance, or clear my racing mind long enough to meditate for 15 minutes, or stand strong and speak my truth in the face of adversity, or heal old demons of my childhood."; or . . . you fill in the blank. The tapestry of fear is insidious; it is subtle and may sometimes feel like a virtue. Fear can often trick you into feeling that you are just "playing it safe" or keeping yourself out of harm's way.

Fear sometimes has been a cornerstone within the dogmas of religions to keep the religious followers from questioning the validity of the dogma within some religions. Some religions have characterized your personal fears as originating from demonic thoughts and from a lack of faith. At this same time they may be positively reinforcing fears derived from their dogmatic beliefs as righteous and pious, perhaps as originating from God, as in "fearing the wrath of God." Although fear's vibrations are far, far lower than compassion or love, fear has received a lot of reinforcement and "press" within your society since the inception of humankind. Dear friends – its no wonder that healing fear is your greatest obstacle to spiritual growth!

Fear abides in the ego, and enjoys living there. Fear is nurtured by your lower energies, and influenced by the energies of others when you choose to give away your power. Just as you may crave certain sweets or treats that may not foster your physical wellness, fear craves the emotions of lower vibrational levels. Some of these emotions can be anger (allowed to grow unchecked), jealousy, hatred, prejudice, vengeance or a refusal to forgive, and the lowest energy - violence. Emotions of lower energies grow in an environment of fear, and as they grow your consciousness of fear grows – it is a negative symbiotic relationship. Fear in general originally was manifested from your false belief that you were separate from God. Dear ones, you are not separated from the Divine, not now or ever – fear is an illusion.

Now having said that, please know that we in the Light recognize that your fears do indeed feel very real when you are experiencing them; and, because of your perception there is a definite realness to it, and it is that realness that has power. As a child you experienced many fears (i.e., the monster under the bed, fear of falling, fear of losing your parents). Most wise parents understood that with love and comfort you would outgrow these fears – knowing they came from within you (excluding all childhood trauma). Fear truly is part of a misunderstanding of power (external power), and as our previous lessons stated each of you are on a course of understanding authentic (inner) power.

You may ask, "Is Mother/Father God much like wise loving parents." The answer is yes, but much more. God provides teachers, guides, angels and endless opportunities for growth as you request help and evolve spiritually. Within the consciousness of the higher frequencies abides unconditional love, forgiveness, abundance, wellness and joy; fear does not, and cannot grow and thrive there. More than ever before Light is poring into your beautiful planet to help you become "Fearless Women and Men" who can heal the planet and its inhabitants.

As you read this lesson please accept the Light and unconditional Love that come to all who read these words. Please stop for a moment of silence and speak your intention to the Divine. If your intention is to heal your fear(s) ask for that, even if it feels fearful to do so. Next give your gratitude to the Divine for this gift. Now you are ready to begin the healing exercise to release fear.

1. Sit in a quiet room with your spine straight. You may use a chair or traditional yoga meditation posture. The most important aspect is that you are comfortable. Classical or appropriate soft music may be used to increase your focus.
2. Imagine loving, yet powerful laser-like white Light coming into your crown chakra. Allow the Light to flow down through all your chakras until it reaches your root chakra and is gently displaced into Mother Earth. You may sense Mother Earth's gratitude as she accepts your healing; she is a living wise being. Continue to visualize this until it feels like a complete cycle coming from the Light in your head, through all your chakras, into the Earth and back to the universe.
3. Please dear friends do not give up or become discouraged if it doesn't give you a "Hollywood" experience. There is great power and energy in this healing space and you will experience it as you practice and feel more connected to the Divine.
4. Some of you may experience tears, or strong emotions, perhaps even fear. This is a kind of homeopathic effect. Think of the Light as the perfect healing remedy that is beginning to shine into all the areas within you, even into any areas of lower energies, especially fear. Your fear is frightened of its own extinction and your ego may strongly protest elimination of a part of itself. Your ego is not some evil devil trying to keep you in its spell, it is just responding with concern to its survival. Have compassion for your ego, but continue to move forward with intent and strength.
5. Ask your guides, angels and other Light beings to bless and comfort your ego as you ascend to this healing level. Friends, fear is simply blocked energy; and, this energy (fear) while at its lower vibration level is simply a lesson to be processed and understood. Thank your fear for its lessons, bless it with love, then draw in a full healing breath from the Light, and on your exhale blow the fear back into the Universe.
6. Sit quietly, continuing to receive the Light cycle as before. Give your gratitude to Mother/Father God for this gift of healing.
7. When you finish speak of this experience to a friend with an open heart. This is a gift to share, and it is a gift that as you share it will return to bless you with more energy than you first received.
8. You may do this exercise daily, but no more than that. You currently exist in a three dimensional reality of linear time, therefore, give the "exercise of releasing fear" a little time (24 hours or so) to become connected to your heart and brain. Eventually new neuropathways will be created in your brain to process the healing as it becomes manifest. The Light will find its way into your entire body at a quantum, cellular/DNA level. We would encourage you to accomplish one physical process to help facilitate this healing within your body. For example, if your fear giving up alcohol, try attending one AA meeting with an open heart; or if you fear finishing college, walk around a college campus. Do not do these little physical reinforcers with the idea you have to be successful immediately. Go slow, be gentle and compassionate with yourself. Beloved ones this is a sacred journey.

Other Thoughts and Blessings:

Friends, please know that when you are attempting this healing exercise or others we have suggested, remember that we are with you. Many of Patricia's friends have mentioned that they felt the presence of Susan with them in trying times. Yes, it is true; I am with you simply because you have read these words with an open heart. I often use the plural "we" when I refer to myself because I am part of a collective consciousness of other teachers who are devoting our energies to healing your planet in its time of greatest need. To receive our energies and healing all you need to do is acknowledge us and request help. We never intrude or give healing without your permission. If you refuse we respect

your wishes and lovingly step aside. Please do not pray to us as you would to God – we are teachers with the “God-force” within us, just as each of you has “God-force” within you. Just speak to us as you sense us near you– we are here to help you connect to your higher self, evolve spiritually, balance your energies and even join with you as you become lost in a beautiful Rocky Mountain sunset.

So dear ones, consider requesting help from the Light as you grow - and if any words in this lesson resonated with you then take them as your own little gift of Love from the Light, if not then please do not hesitate to follow your own guidance.

Sending you blessings of the highest energies and wishing you a rainbow of God’s good grace –

Susan and many other Light beings

Next Time: Leaving a Reality of Fear: Welcoming the Power of Peace to Earth