

## **PROCESS TO RELEASE FEAR**

### **The ego's way:**

1. We are not aware at all and just react  
This "not looking" keeps the fear real and you in the driver's seat-  
Our actions are an attempt to control what the outcome will be  
*But: "What fear has hidden still is part of you." (T.5.IV.1:1)*
2. We become aware of emotions.....OK, I feel fear. Now what?
  - a. Try to outrun the fear; Try to plow thru it; Devise a plan to combat the fear  
*But: "Any attempt to resolve the error (of fear) through attempting the mastery of fear is useless. In fact, it asserts the power of fear by the very assumption that it need be mastered." (T.2.VII.4:2)*

**Before** we act, speak, write, and/or decide:

### **STOP! PUT YOUR HANDS IN THE AIR AND STEP AWAY FROM THE VEHICLE**

Ask: What is my motivation for this? What is driving me to act this way, speak this way, and choose this way?

Action does not heal what is in the mind. Notice how action allows you to keep the ego's evaluation and belief in a separated self. It is always at the level of mind we must look for true and lasting healing.

*"Correction belongs only at the level where change is possible (mind level)." (T.2.VI.3:6)*

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\*Notice who is evaluating the situation and/or 'you' in this situation. If there is fear- it is the ego's evaluation:

- Do not engage in a battle with your ego
- Hate yourself for these ego thoughts
- Just notice where these thoughts are coming from

*"When Adam listened to the "lies of the serpent", all he heard was untruth. You do not have to continue to believe what is not true unless you choose to do so. All that can literally disappear in the twinkling of an eye because it is merely a misperception." (T.2.I.3:2-4)*

\*Allow the fear to just be there WITHOUT JUDGMENT. "This is simply fear".

Allowing is a way of recognizing there is a problem. "Houston (Holy Spirit)....we have a problem"

\*Refrain from attaching anything to "This is simply fear"

IE: "This is fear....I am afraid because \_\_\_\_ and \_\_\_\_\_. I must do \_\_ and \_\_\_\_\_. They must do/say \_\_\_\_ and \_\_\_\_\_".

\*What is the problem? We have bought into the ego's evaluation and now believe we are unplugged from our Source. *"When you are afraid, know that God is real, and you are His beloved Son in whom He is well pleased. Do not let your ego dispute this." (T.4.I.8:6)*

\*Ask: "Who do **You** say that I am?"

\*NOW FOR THE WAY OUT: *"True resolution (of fear) rests entirely on mastery through Love." (T.2.VII.4:4)*

\*Ask for the Holy Spirit to be the guardian of your thoughts

*"Your dream of a separated ego is very real to you. If you are willing to renounce the role of guardian of your thought system and open it to me, I will correct it very gently and lead you back to God." (T.4.4:4-5)*

\***Repeat:** "I am", "I am Spirit", "Spirit am I, a holy Son of God, free of all limits, safe and healed and whole".

(W.#97) "(I) am safe wherever (I) may be, for You are there with (me). (I) need but call upon Your name and (I) will recollect (my) safety and Your love, for they are one. How can (I) fear or doubt or fail to know (I) cannot suffer, be endangered, or experience unhappiness, when (I) belong to You, beloved and loving, in the safety of Your Fatherly embrace?" (W.#244)

\*And there we are in truth. No storms can come into the hallowed haven of our home. In God we are secure.  
(W.#244)

## **References on Fear (A Course in Miracles- Second Edition)**

References to the Text begin with the letter “T” followed by: chapter #, section #, paragraph #, and sentence #(s). (e.g., T.31.VII.12:1-5)

References to the Workbook begin with the letter “W” followed by lesson # or review #, paragraph #, and sentence #(s). (e.g., W.131.3:4)

**(1)** “You have been fearful of everyone and everything. You are afraid of God, of me and of yourself. You have misperceived or miscreated Us and believe in what you have made. “ (T. 2. VII.3:4)

**(2)** Answer the following - yes or no - In this fear do you believe:

- You are on your own
- If you don’t figure out the ‘right’ decision you will suffer?
- There is something that has power over you and you are at their mercy?
  - IE: economic system, decision by an employer, a doctor, a germ, co-worker whose job is linked to yours
- You will lose something you can’t live without?

When you are afraid how would you fill in the blank?

“I am \_\_\_\_\_ (suggestions: weak, vulnerable, someone who can be hurt, suffer, die, who is a failure, who is without value etc.)

Now ask yourself this:

How do you try to combat your fear? See if any of these apply:

- Do you try to manipulate or control the situation?
- Do you try to come up with a plan that will address every “What if” scenario?
- Do you try to stock up (hoard) to overcome the fear?
- Do you make demands on others to lessen the fear?
- Do you try to run from it?
- Plow thru it.
- Last question: Does any of this work? If you believe yes, than ask yourself; for how long?

**(3)** “Any attempt to resolve the error (of fear) through attempting the mastery of fear is useless. In fact, it asserts the power of fear by the very assumption that it need be mastered.” (T.2.VII.4:2)

**(4)** “One step toward freedom is sorting out the false from the true.” (T. 2.VIII.4:1)

**(5)** “You would not excuse insane behavior on your part by saying you could not help it. Why should you condone insane thinking...you may believe you are responsible for what you do but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice.” (and what you do is based on what you think) (T.2.VI.2:2-6)

**(6)** “I cannot choose for you but I can help you make your own right choice.” (T.3.IV.7:10)

**(7)** “We are children of God, but we haven’t known it. We have been acting the part of weakness”

**(8)** “We are Spirit, ignorant of our innate holiness, expressing ourselves incompletely and frustrating our divine potential” Eric Butterworth- “Discover the Power Within”, Pg. 53

**(9)** “We are one because each part contains your memory, and truth must shine in all of us as one.” (W.#243.2:3)

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### **(10)“Who do you say that I am?” (Ref. T.9.VII, VIII)**

<b>Ego's Evaluation</b>	<b>Holy Spirit's Evaluation</b>
<u>Littleness</u>	<u>Grandeur</u>
Unloving, selfish, needy, inadequate, weak vulnerable	Loving, peaceful, joyful, giving, holy, sinless, abundant
<b>Cover this</b> with self-inflation:	<b>Discover</b> this as all You are
Pride, success, 'better than'(competition),	

**(11)**“Those who seek the light are merely covering their eyes. The light is in them now” (W.#188.1)

**(12)**“What you believe is true for you. In this sense the separation has occurred and to deny it is merely to use denial inappropriately.” (T.2.VII.5:6-7)

**(13)**“How can you wake children...you do not inform them that the nightmares that frightened them so badly are not real, because children believe in magic. You merely reassure them that they are safe...and train them to recognize the difference between sleeping and waking, so they will understand they need not be afraid of dreams.” (T.6.V.2:1-4)