

## I Have No Cause for Anger or for Fear Because Their Source is Gone

*Based on Lesson#348*

Anger and fear are the two most common emotions and the reasons for them are endless and seem to be without a remedy. We try to fix the problem by manipulating the outside world in some way. At best this works temporarily and at worst it does not work to at all! The reason we are not free of anger and fear is NOT because they cannot be eradicated. It is because we are not dealing with them at their cause. There is only one source of anger or fear; belief. Anger is the belief that you are lacking and what is missing is not being supplied. Fear is this same belief along with the idea that you are completely alone; separated from love and unsafe. At first glance, this sounds ludicrous because such intense emotions seem to be the result of what is happening outside of our mind. Let's explore this idea and see if there is merit to it.

Think on a time that you were angry and afraid and fill in the blanks.

When you were angry at \_\_\_\_\_ (A) (person, situation) what was it that you needed that you did not get? \_\_\_\_\_ (B)

Is it true therefore, that you believed you lacked (B) and were angry because (A) did not give it to you?

When you were afraid, did you feel alone and unsafe? What did you need, in the moment of fear that you did not have? \_\_\_\_\_.

Is it true therefore, that you believed you were alone and unsafe and were lacking what you needed to feel joined and secure?

Can we now conclude that at the root of these emotions and in all situations or circumstances, you believe you lack something that you are not getting and/or feel alone and unsafe?

Belief is a powerful thing. It can make the untrue seem true. And that is exactly what has happened to us. We can never be separated from Love because that is what we are. We can never be hurt, because we are eternal and changeless. We can never lack, because we have everything. But what we can do is BELIEVE otherwise, and it will appear otherwise by our belief.

You may find it hard to accept that it is only your belief that is the problem when you are afraid or angry. We are more likely to engage in the "if only....then" remedy for fear and anger. "If only I were not sick, then I would be happy." "If only they would give me attention, then I would not be angry." "If only I had money, then I would not be afraid." It seems that our perception of lack, attack, illness or feeling unsafe, is very real and the source of the problem. But consider what happens under hypnosis. When someone is hypnotized, a suggestion gets implanted into their mind. If they choose to *believe* the suggestion, they *experience* it even when it is not really happening. Here is an example:

During a stage production a hypnotist asked a subject to remove his shoes. The hypnotist than implanted a belief that when the subject awoke he would not see his shoes. The shoes were then placed on the floor, in plain sight, a few feet in front of the subject's chair. The subject awoke and the hypnotist pointed to the subject's feet and asked, "Where are your shoes?" The subject seemed baffled and looked around looking right past the shoes in plain sight and finally replied that he had not worn any shoes. Not only did he not see his shoes that were right in front of him, but he made up a story as to the reason why he had not worn any shoes. His belief caused the shoes to disappear from his perception and overrode any information to the contrary, even when it was clearly not the truth.

Your perception and your experience are not facts. They are the result of implanted beliefs that make it appear

real and true. Remember this the next time you are in fear or anger. "Perception is a mirror (of my beliefs), not a fact." Then ask for the healing remedy that will set you free from your beliefs.

Although our part is very little, it is the essential ingredient to begin the healing process. What is our part? When you feel the intense emotions of fear or anger, close your eyes and ask yourself; "What do I believe that is so fearful? What do I believe that is making me so angry?" The key to this part of the process is to discover what you believe *and* to not continue to accept them as fact. You must see what is untrue within your mind, but only in order to have the untruth be undone. Just notice the beliefs, realize they are the lies of the serpent and invite the Holy Spirit in to heal your mind.

If a magician came along, waved a magic wand and instantly removed the cause of your fear, would you still be afraid? If the magician gave you the very thing you needed, would you still have cause to be angry? This is what Holy Spirit wants to do for you. He wants to free you from what is making you angry or afraid. He wants to show you there is no cause for fear or anger. He wants to give you a way to realize that you are not alone, separated from love or lacking. But remember, even a magician cannot help if they are not invited to do so. They must be trusted and seen to have the answer to the problem. The person asking must realize that they do not know what the answer is and trust that the magician knows exactly what to do. The person must surrender and let it be done for them.

Choose the Wisdom within to be the Voice you believe and let the healing power that comes from God, free you. *Let it be done for you*, according to your will and you will see *all* that you missed while you were under hypnosis. You will see the love and safety that was always there in plain sight but was overlooked because you believed otherwise.

*Father, let me remember You are here, and I am not alone. Surrounding me is everlasting Love. I have no cause for anything except the perfect peace and joy I share with You. What need have I for anger or for fear? Surrounding me is perfect safety. Can I be afraid, when Your eternal promise goes with me? Surrounding me is perfect sinlessness. What can I fear, when You created me in holiness as perfect as Your Own? (W.348)*