

What Will Ease My Fear?

If you are feeling fear, no doubt you can link it to an event or situation happening in your life. At first glance, the cause and effect relationship between the world and your fear is this: the scary world comes first and your fear soon follows. Believing this, you try to contain your fear by changing or controlling what is happening in the world. Have you noticed that regardless of your effort to manage fear, the fear still remains? The reason the fear is still in your mind is clear when you understand the true cause and effect relationship between the world and your mind. The world is an effect of what is in the mind. Causation is always at the level of mind. If the mind is in fear it will imagine a fearful world. The monster does not come out of the closet and *cause* the child to be afraid. The child is first afraid and then imagines a monster. How does a loving parent respond to the child's cry for help? They do not come in and slay the monsters. They see that the child is afraid and *that* is the only problem.

Why are we so afraid? We are afraid because we believe we have changed who we are and lost our innocence forever. We believe we are abandoned and alone in a desolate land, far away from our loving Father. Imagine for a moment how terrifying these thoughts are! Have you ever lost sight of one of your children in a store or in a crowd? This is just a sliver of the fear experienced when we first believed we had lost sight of Heaven. With fear like this in the mind, its no wonder we are dreaming up a nightmare. What is the remedy for this fear? To help us see that our thoughts are not true. We are not alone; we are connected with all. We are not in a desolate land; we are in the loving embrace of our Father. We have not changed who we are; we remain as God created us. Holy Spirit can ease our fear thoughts by replacing them with the truth. But this can only be done if we are willing to turn inward and accept the healing remedy.

When you see fearful images projected on the screen of your life, it is tempting to forget that what you see are just images made from your fear thoughts and that you must go within for the healing remedy. That is why it's important to have stoppers to use during times of temptation. A stopper is a tool that stops you from engaging in tactics that do not solve the problem and redirects you to where you will find relief. Try this stopper and healing remedy when you are experiencing fear or tempted to go up and fix the screen or find yourself sitting in fear begging for the movie to be over.

****Remember:** We are not the healer. Our part is to bring all of our fear thoughts to Holy Spirit *for* healing.

(Ref. W. #240)

- This is **False Evidence Appearing Real**. (FEAR)
- This is an illusion witnessing to an illusion of myself.
 - This image is my imagined monster because I am afraid.
- I am afraid because I have lost sight of Who I am and have lost sight of my oneness with God.
- These fear thoughts cannot be true. The thoughts are deceiving me. I will not be deceived.
- I am part of Love Itself. Nothing has changed except my mind. And I can elect to change my mind and choose love instead of fear.
- Holy Spirit; I bring to You all of my fear thoughts for purification.
- Heal my mind that I may look upon a world illuminated by Love.