

Enslaved

Most of us identify with fear on a daily basis though we may deny or ignore it, leaving it to fate. It can grow in you, silently at first, without your knowledge, and then take you by surprise and attack like a wild beast that has been cornered, plunging you into darkness, putting you in its power. It draws to you what you fear and can make you feel helpless, then cut off from any semblance of self-confidence and rob you of your freedom of choice. Yet, you can invoke your conscious awareness and a power greater than fear - your inner, divine spirit and Harmony Itself to aid your harmonization. Re-frame fears as an opportunity to overcome them and re-gain your freedom.

The Boomerang

Terrorists are enslaved by fear, unreasonable beliefs and accumulated evil. They are living in a subconscious mental hell rather than in their true Mind that loves. Being enslaved they suffer and want others to suffer also and attack, causing a vicious cycle that boomerangs around and around, growing. They get desperate and act out the terror they feel at the possible loss of their own enslavement! They willingly relinquish their reasoning power and would rather believe in fear's domination than work for their own harmony and freedom. They don't realize they draw to themselves that which they fear! Other negative traits like prejudice, self-righteousness, hatred, and separative beliefs which are sourced by fear additionally add to the boomerang as it becomes habitual! Yet, there is hope because terror is not their, or anyone's, true nature or identity.

It is the same type of thing for all of us that experience various types of fear. Fear boomerangs back to us, then cycles round and round, growing, fed by other negative associated energies like anxiety, worry, jealousy, greed, guilt, regret, and resentment, attracting that which we fear! Eventually those fears can attack and paralyze you emotionally and physically. You know what it feels like. Most people who have experienced an anxiety or panic attack will tell you they thought they were having a heart attack because fear can grip you in the chest! Eventually fear can also damage your mental powers and make you physically sick. The leading cause of death in the United States is heart disease because most negative energies based in subconscious fear are centered in the heart. It can build up over time by habitually repeating fearful emotions causing dis-ease.

Naming It

Do not confuse fear and caution because it is wise to be cautious in dangerous situations or with something you are not acquainted with. Consider this list of fears as a tool to help you identify those that need attention. There are fears like:

Of being confronted and exposed for who we believe we are at times - a terrible person; not good enough; not being lovable and then being alone and lonely; being left out or missing out
Of being attacked; abused; ridiculed
Of getting hurt - by spiders, snakes, flying, heights, not having enough, you name it....
Of being disappointed, in oh so many ways
Of failure; disaster; losing your possessions or position
Of making a mistake
Of the unknown, uncertainty about what the future holds; death and dying;
Oh, the list goes on ...

Though some sociologists say fears have existed for our survival in fight or flight situations, fears are a human, subconscious creation that started and will eventually end through our individual efforts and evolution because knowledge, reason, and intuition serve us better. New born babies do not experience fear; rather they are taught fear through example and observation. Though we are conditioned to fear, as we put into practice spiritual wisdom and greater discipline we will by and by rely more on our Higher Self, the superconscious, and release fears, synchronizing our self to the Universal Laws and realize our connection to the Eternal, thereby empowering our self to create harmony and peace in our life.

From Fear to Freedom

Through the ages people feared Halley's Comet as an ill-boding sign and prayed to their god to no avail because they found some way to justify their fear. It wasn't until scientific evidence proved it to be governed by mathematical law that this particular fear was dispersed. Experience teaches you that will-power, affirmations, or suggestion cannot rid you of a fear. Though knowledge can disperse some fears, for those that are more stubborn and unreasonable the most efficient way is to use a power greater than fear - Harmony Itself and Universal Life Energy. You can release fear-based emotions, like impatience, annoyance, jealousy or anger, as soon as you as you feel them. When you recognize it, acknowledge it in the moment as a temporary temptation! Do not identify with it and claim it as your own, as in "*I am* peeved," or "*my* bad," which lets it take up residence in the subconsciousness to grow. It is not part of your true character and spiritual individuality. You are guarding the entry to and buildup in the subconscious. Acknowledge it, name it, then relax mentally, releasing it and letting it pass you by. Now is the opportunity to step into the positive by being grateful that you are conscious and aware! Look up within, mentally be aware of the Eternal and contact Universal Life Energy which aids your harmonization because it is the healing power of Divine Love. It helps to realize a declaration of Truth like, "I am One with the Great Spirit, Indissolubly connected to and manifesting All those Powers of Energy, Wisdom, Law and Love." Then physically manifest your choice for peace in some way using those Powers, since this earthly plane is where you live and must by and by refine yourself. You are creating a positive cause.

You can also disperse fears in meditation, after mentally contacting Universal Life Energy and opening to your Higher Self without getting all mixed up and drowning in messy emotions, memories and worries. Actively work on looking at fears FourSquare in the eye, examining each fear consciously in an unemotional awareness with reason, common sense and logic as an impersonal observer; as if you were outside of it and just looking at it. Then release it and place it in the Light of the Eternal. This may take some practice, yet you can detach yourself from fears step by step, bit by bit, because Love and peace is your natural state of Mind.

You Have Control of Your Future

We, as humans, experience fear because somewhere deep in our thinking we've felt we've lost the support of the Eternal, but that is a temporary mental condition we created. We have an imperishable connection to the Great Law and are we are awakening to the Truth. What we truly want is to awaken to the Divine Love of our Soul in our awareness. You can aid this by loving yourself and others unconditionally, including those that are terrified, then placing it with the Eternal. And, next time you are tempted by fear know that it is a great opportunity to free yourself from the burden of it, to choose love and to be empowered by your spiritual nature to create something positive in your life. You will be happier for it.

With Light and Love Portia SLB

FROM FEAR TO FREEDOM GUIDE

Every negative fear-sourced emotion and trait you allow to enter or stay in the subconsciousness attracts more negative and it can cause not only emotional issues, but physical also! Only you can throw off that burden, therefore, consider exercising the following steps to help you release fears for good and align with your Soul, the Great Law, and Love.

1) Acknowledge and name it: Realizing that you are tempted to experience a negative emotion is the first step to letting it pass you by and releasing it. You are empowered to recognize that it is a temporary energy, an illusion, therefore do not claim it with thoughts that identify yourself with something that is false like, 'I'm ugly,' or "my bad!" You may have been tempted by it you are just recognizing the temptation for what it is: a subconscious, illusory temptation only, then do something about as described in the next steps. Fears and fear-sourced emotions tend to become habitual over our life time if we are not conscious of releasing them as soon as we are tempted by them. Listed below are some of the more habitual fears and fear-sourced emotions to help you recognize and name them:

FEARS YOU MAY EXPERIENCE:

- Being exposed for who you think you are at times, a terrible person
- Not being liked or lovable; being rejected
- Being attacked, abused physically, sexually, mentally, emotionally
- Being hurt (fear of flying, heights, snakes, spiders, etc.)
- Not having enough
- Missing out, left out
- Death and dying
- Facing disaster
- Being ridiculed
- Being disappointed
- Being a failure, repeated failures
- Making a mistake
- Losing your possessions, position
- The unknown, uncertainty about what the future holds
- Being alone

FEAR-SOURCED EMOTIONS YOU MAY BE TEMPTED TO EXPERIENCE:

- afraid, terrified
- pressured, pushed
- hurried, having no time
- procrastination
- angry, mad
- worried, nervous
- resentful, dominated
- stunned, dazed
- annoyed, displeased
- guilty, shamed
- revolted, outraged
- impatient
- irritable, nervous, fussy
- neglected, abandoned
- unloved
- unfortunate
- jealous, envious
- foolish
- insulted, humiliated
- hurt feelings
- having an attitude of being a damaged victim, self-pity
- burdened
- confused
- blank, unfeeling, uncaring
- frozen, paralyzed
- hateful
- inferior, lacking
- defensive
- depressed, sad, unhappy
- squeamish
- appalled
- lost, defeated
- lonely
- special, superior
- prideful
- exhausted, lazy
- deprived, unappreciated
- burning desire
- demanding, dominating
- justified for disdain and being unforgiving
- justified for sarcasm
- justified for inconsideration or rudeness
- justified for lying, cheating
- justified for payback, revenge
- justified for negative criticism
- justified for scheming, manipulation of others
- justified for abusiveness, brutality, violence
- unaware of being careless and uncaring, ignorant
- having the attitude of being the martyr
- keeping up appearances
- secretive
- keeping up with society, wanting what everyone else has
- greedy
- miserly, hoarder, ungenerous
- party attitude, just want to have fun, inattentive
- thrill seeker
- feel like don't belong in this world
- separative attitude
- the self-righteous teacher attitude
- suspicious

2) As soon as you recognize it in the moment relax physically and mentally, then **let the thought and feeling pass you by**. Realize the purpose of being conscious of being tempted to indulge in these negative traits - it is your Soul alerting you of issues to purge from yourself that are a burden to your spiritual progress. You are a powerful Soul that can choose to harmonize your character. You have the opportunity to be grateful and do something about it.

3) Contact Universal Life Energy. Make the Mental Contact after releasing the negative thought. You are now flooding your mind and body with Harmony and Divine Love to further aid your refinement. Love is your true protection from negative energy. Also, when in meditation, after mentally contacting Universal Life Energy, place the issue in that same Light of the Great Law. It is always available for your harmonization.

4) Mentally align with and realize Universal Love. Make a declaration of truth, something like, "I am One with Universal Life Energy and All Love, and I am the embodiment of Universal Love of the Eternal." This brings your awareness and gratitude into the moment. Then physically manifest your choice for love in some manner. In this way you are using your free will to start a positive cause and actively manifest harmony in your life and others. You live in this world and this is where you refine your character with the spiritually driven purpose to align with your Soul and Spirit of the Eternal. You are choosing happiness!

ADDITIONAL TIPS

- 1) Consider some of the fears and related emotions you may experience and examine them impersonally through the help of your Higher Self's insight in the moment you sense them or in meditation, then contact Universal Life Energy to admit the healing of Divine Love. **Write about them in your journal to consciously relate and physically manifest your insight**, as this can also help you overcome them. Include what triggers it, the history of it, how it affects you, **FourSquare examination** of it, and gratitude as you begin to make progress in your awareness and steps to overcome it. The FourSquare examination is your greatest aid because it is qualities of the Eternal and Your Soul that you are relating to and remembering. When you are not expressing all the qualities of Energy, Wisdom, Law and Love in a balanced manner you are actually delaying your progress! Remember you have the support of the Eternal and when you express in every act of yours: All Energy, Intelligence, Truth and Love then you are aligning with the Eternal and working for your own spiritual fulfillment and happiness.
- 2) Consider integrating more practices as discussed in the book The Fundamental Principles of Science of Being by Eugene Fersen which gives a wider view on self-healing, and freeing your Soul from the walls of negative in the subconsciousness. He referred to this as explaining evil while fighting for Freedom. Lesson 23 culminates in the **PURIFICATION EXERCISE** which helps you purge fears and negative that you may not be conscious of and stimulates your entire Being!

JOURNAL ENTRY EXAMPLES

Consider fear and fear-based emotions again and mentally align with Love in your thinking and how you feel loving emotions and also write about those in your journal! This may help you better meet a similar temptation in the future with confidence and knowing, being more open to your choice for love and happiness.

- **Fear of making a mistake** – *I do realize that there are times that I experience fear of making a mistake, yet I also now realize that is the subconscious ego being self-centered to protect itself from being corrected. I will, with the help of the Great Law, be brave enough to Love and Trust the Great Law when I am inspired to Act! If I do make a mistake I will be grateful and learn from it with the help of the Great Law, then stand up and courageously face life again.*
- **Angry, mad** - *I recognized that at first I felt angry about ...which I released and then aligned with calm, impersonal consideration and know I that am a loving, spiritual being and so is the other person/s involved. I choose to be happy inside and manifest this feeling of empowerment.*
- **embarrassed** - *For a minute there I felt embarrassed, yet I realize that is a temporary fearful emotion and I love unconditionally myself and everyone involved in this situation. It has been a positive experience for me to understand... In the future I can face a similar condition with unconditional Love for myself and others.*
- **Lonely** – *Sometimes I feel lonely, yet when I feel it again I will choose, with the help of God, to remember that I am One with All Beings, All Spirits, the Great Spirit and I am Unconditionally Loved and I Love Unconditionally. I choose to be friendly and find everyone a friend, unless the situation is contrary for the moment.*

• **Justified for negative criticism** - *The negative ego is self-righteous and will always think it is right with stubbornness to support it. I will choose to be conscious of this and associated feelings like disdain and impatience then contact Universal Life Energy to help me release those thoughts and emotions from my thinking and return to love with the help of the Eternal and my Soul. Everyone has a right to their thoughts and opinions and it is my opportunity to see them as an Individual that is on their spiritual journey to Enlightenment just as I am, and to love them unconditionally as the Eternal does.*