

The Human Soul Fear Is Your Friend

Introduction

Reminders of how Divine Love enters the soul, Holy Spirit, the spirit of Truth connection

What prevents us from accepting Divine Truth? – Our desire to hold onto our emotional errors

1 John 4:18. “Perfect Love throws fear aside”

Reference: “The True Gospel” Padgett Messages. Volume II, page 188. Apostle Andrew “Divine Love casts out all fear”

We heal naturally if we are allowed to grieve completely, but fear prevents emotional experience

FEAR – False Emotions (Expectations) Appearing Real

What Is Fear?

3 Forms – Freeze, Flight or Fight

Freeze – The result of terror state, usually due to childhood terror

Flight – The result of trying to get away from the underlying emotion, sense danger and we flee

Fight – Usually the result of not being able to flee, fight in anger or rage

Fear causes all physical pain

What “Professionals” Say

Professionals suggest several different stages of fear.

1. “Real” fear, or fear based on a real situation. Eg. Being hit by a car while crossing the road

2. “Realistic”, or possible fear. Eg. Waiting to cross a busy road for safety reasons

3. Exaggerated or emotional fear Eg. Not wanting to walk near a road for fear of being hit by a car

Professionals say “Fear is completely natural, helps people to recognize and respond to dangerous situations”

God says “There is nothing to fear, danger has been your creation!”

God created the potentiality of you feeling sad, but when at-one you will never be sad

God created the potentiality of you feeling suffering, but when at-one, suffering ceases

God created the potentiality of your feeling fear, but when at-one, love conquers all fear

Why Do We Fear?

Fear is the result of not emotionally understanding God’s Truth

Fear is the result of emotionally believing lies, fear is false emotions appearing real to us

Fear is the result of not loving our emotional pain

All fear we feel now, is the result of unexpressed old emotional experiences

What We Do When In Fear

We deny we have the underlying emotion

Denial “It’s not really happening!”

We intellectualize away the underlying emotion

Repression “It never happened!”

We live in harmony with our underlying emotion so it appears like it does not exist

Conversion “I just avoid situations that make me uncomfortable, or do something else”

We blame other people for our emotions

Projection “I only feel afraid when I am around you, I’m not afraid when I am by myself”

We disassociate from causal events

Disassociation “I don’t remember what happened”

We minimize our emotions, saying that the emotion does not govern our lives

Minimization “I am afraid sometimes, but it’s no big deal, they are only minor fears”

We justify our emotions, saying that everyone has them

Justifying “I am afraid but everyone is to some extent”

Fear becomes our dominant state, and we act upon our fears to minimize them

The Fear/Truth Relationship

The Truth ---- Fear scale

The Pleasure ---- Pain scale

The Desire ---- Apathy scale

We accept truth emotionally when our pain is greater than our fear, and we are no longer apathetic toward pain

We can remove fear with truth

We can remove pain with emotional processing

Why Fear is My Friend

Working through fear exposes all emotional injuries if we look underneath the fears

Working through fear builds faith. Mark 5:36. "Do not be afraid! Have faith."

Working through fear builds courage. John 16:33. "Take courage, I have conquered the world"

Our fear exposes where we have not accepted Divine Truth

Our fear can rapidly expose all hidden emotions

Our fear is our pathway home to Truth

Practical Ways To Love Fear

Become aware of fear

Set your intention every day to embrace fear rather than avoiding it

Pray (long to God) about your desires to avoid fearful situations and emotions

Identifying the ways you express fear

"When I am afraid I ..."

Recognize the situations that trigger fear

Make a Fear List

Examine what emotions exist under each fear

Ask yourself what you imagine God's Truth would be

Generate a longing in your heart to experience all of the emotions that fear covers over

Choose to emotionally experience the cause of each fear

Eg. I am afraid of pain. So allow myself to feel pain

Eg. I am afraid of intimacy. So place myself in a position where I can experience intimacy

Eg. I am afraid of heights. So go to a safe high place, and experience the emotion

Eg. I am afraid of punishment. Choose to remember when I was punished, and feel the emotions

When Fear No Longer Exists

1 John 4:18. "Perfect Love throws fear aside"

When we have learned to love perfectly, we will no longer be afraid of anything at all

When we are fully choosing all of our emotions, we will no longer be afraid

When we understand the Divine Truth emotionally, no place will be left for fear

References, Music and Movies

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