



## **The End of Fear**

My Fellow Journeyman

We all experience fear and it shows up in our lives in many different forms. Most times we do not recognise it and we just reject it in the name of entitlement. We are conditioned not to face the fear of our vulnerability around death. So what is fear really? Fear is an emotion we experience when we believe in our separateness (F.E.A.R – False Evidence Appearing Real). Well what does this mean? Let me explain.

We are all on a journey of self-discovery. Our lives are a series of choices, moment by moment, leading to lessons. We are constantly being presented with lessons which take some of us a lifetime to understand. This is our spiritual journey. When we are born, we are born from love and we are love (we are that which we came from). We are connected to everything and we experience the freedom of love (lack of fear).

To understand the freedom I am referring to you need to look into a child's eyes as they experience life's simplicity. They are not scared as they are hardwired to love. They know they are one with everything and they just experience life. We then introduce fear through conditioning and they learn to close down and build defenses against perceived pain. This is the start of our understanding of fear and our move away from that which is innate within us, LOVE. The child moves from oneness to creating separation as a means of protection watching us carefully for the smiles of approval or the scowls of discontent. Voila, their behaviours fearing punishment and fearing not getting the reward are developed and by adolescence these patterns become set. A life of fear is born and the innate love we know is pushed further and further and deeper and deeper inside.

In adulthood we reject that which is different from us and that clash with our belief system. This is our protective mechanism from fear. We believe we are separate from everything and everyone and that the world is an evil place. We believe we are right and are entitled to prove this. This entitlement has us reject others for how they dress, what they say, how much money they have, how they wear their hair, who they hang around with and so on... This separateness is the foundation of the fear we feel. Our lives are the constant inner struggle between the love of life and the fear of life – Richard Schaub, Ph.D.

If we ask ourselves what we most want in life, invariably the answer will come back to peace; the knowledge that I am OK and that I will be OK. The truth is you are dying and so is everyone else. When we can embrace the vulnerability we feel around this and open ourselves up to the deep true love we have inside of us, our life's experiences shift radically and bliss and joy become our constant companions. Fear is something we embrace as untrue. We understand the beauty of our impermanence and we recognise it in others. When we can fully embrace our oneness with everyone and everything, fear no longer has a place in our lives.

Here is a challenge to face your fears. Spend the next month understanding and realising you are temporary and that you are dying. The vulnerability you will feel for yourself and for others will open new ways of BEING. Through embracing yours and others impermanence the feeling of oneness will flood back into your awareness, that which you experienced freely as a child. Every person you meet and interact with, look into their eyes and bring awareness to the fact that they too are temporary. They are here for a short while, they will soon be gone and they too are part of the ebb and flow of life, the cycle of birth and death. This is inescapable. True living is then understanding and embracing this and choosing to live life through love. This is the end of fear.....Practice this awareness daily and notice the impact it has on your life.

Be inspired, live life, love always... Love is the key!!  
With love and light

**Stephen Light**

[stephen@peopleactiv.com](mailto:stephen@peopleactiv.com)

+27825649024

[www.stephenlight.com](http://www.stephenlight.com)

[www.peopleactiv.com](http://www.peopleactiv.com)