

# H o w   d o   o u r   f e a r s   m a n i f e s t ?

Well, what is fear? As a definition it is an unpleasant emotion caused by the threat of danger, pain, or harm. So its an emotion then; is this a question or a statement.... I wonder.. is it a given that fear is an emotion, or is it a thought that generates emotions? If its a thought that does indeed generate emotions, then the thought in itself may very well be accessing hidden memories that are responding in kind to the thought.

Lets look at it like this, the emotional energy in response to the thought is the imagery that through us (the projector) lights up realities in the world around us. Say we wish to go for a swim in the ocean and, for a moment we have the thought that perhaps a shark is out there waiting for us.... we see the possibility within our mind, it ignites an emotive response... But, is there actually a shark out there waiting for us? We feel as if there is, so much so that we experience caution within, keeping our energy close to us, not wishing to enter the experience of our projected idea.

Some may choose to retract entirely from entering the unknown waters, whilst others will override the possible fear outcome with a greater feeling on enjoying the experience of swimming in the ocean, settling with the idea that if indeed a shark does come by, one way or another something is going to happen, but until in that moment (if ever) something else is occurring by choice.

The entire English alphabet is constructed of lines and curves..(as with all written languages including dots and dashes in some) these shapes form letters, these letters are utilised to form words, sentences, paragraphs and entire novels of reality. But it all was formed by lines and curves, which in their own really have no meaning, unless in the realms of nature in the form of life that exists there.

Fear is after the fact... Fear requires a catalogue of memories to fuel its own emotive presence.... What was the very first fear...on the Earth? Big question indeed. How did Fear even emerge as an experience and then as a reoccurring existence in the world? We usually relate fear with unpleasant moments in time, or perhaps with the idea that we may "miss out" on something good or beautiful in the world, or even that we ourselves are not good enough or worthy. All in all, how is any of this the reason why we choose to retract on more than one occasion? Choose to reinforce the limits upon ourselves.

There is the argument that fear is necessary, it can also keep us safe in the world. If you don't have fear you will be reckless and irresponsible. Fear keeps us all in check! interesting terminology...in check. In chess if you are check mate, your not able to move, the game is pretty much done.... but not always.. Your in a corner within, up against the wall of your own rebounding projection based on a historical recollection of outcomes through time, some you can identify whilst others are beyond your grasp of clear connection. The fear is charged with emotive energy, it could power an entire city, its the lift that superman accesses to fly, its the same force of power that triggered the first ever Atomic bomb.

You have within you a powerful force, presenting itself as your greatest fear, its coming at you like a hungry wolf promising to devour all sense of self. Promising to blow down your house...

A true story: (part of my story)

*So I run away, I'm driving away from the home I live in, I've had enough, I cant do it anymore....always processing, always processing other people's stuff... I just want t be somewhere by myself, alone.*

*While I'm driving all of a sudden in my imagination I become a little pig, and as this little pig I build my little house out of sticks, mud and wood. In my little house I have a fire place, I have a table with one chair, I have a single bed to one side. On the fire I have a stew cooking in a large pot. I look around my little place and I feel good with myself. Then I hear a loud thud, a knock,knock, knocking at the door. I open the door to see a very large wolf standing looking down at me, behind it is a raging storm, for a moment I retract with fear, shrinking and then I step forward and up a little and stare directly into the eyes of this great wolf. As I do so, the wolf changes to become a shadow standing before me and the inside of my little house become white. Smooth white floor, smooth white walls, white ceiling, still with my single bed, my table with one chair, my fire place with pot cooking and I myself change into me, no longer the little pig. So standing before me is the shadow, I look at the shadow and I see that it has been out in the storm, it is tired, so I ask it if it would like to come in and rest a while, shadow nods to me and walks through the door and sits on my bed. I ask shadow if it would like some stew to nourish it, it nods. So I turn to get a bowl of stew for it and when I turn around again to offer this to shadow I see that the shadow has laid down on the bed and is fast asleep now resting. So, I sit in the one chairs at my little table in my little house and I quietly watch my shadow sleeping. I recognise that the shadow has been out in the storm all this time fighting all my battles alone. In that moment I fall in love with the other part of myself, I recognise my part in the struggle, my separation from my self in my own times of need. I watch my shadow sleep.....*

How do our fears manifest? just as one plus one may equal two, a thought and a choice equal the outcome of a moment. At least in our own experience of it. Weather its an emotion that arises and thoughts follow, or a thought arises and emotion follows, choice is always possible, though in times we may have to fight through an overwhelm within to action a choice beyond the seeming fear playing out.

We all contribute to fears becoming manifest in our realities, through choice. Without awareness though, how can choose any other way, or create ways through? How can we know that more is possible? How can we reconcile ourselves and reclaim ourselves? How can we free ourselves from the fear that binds us and promises to hold us hostage in our psych? Something needs to stir, that force of binding energy needs to be hacked and up-cycled, it needs to be harnessed and directed with intention, almost like a wild horse, not broken, yet met!

Fear can show us creative potential, if we are able to be controlled then we are able to in turn control that which controls us, if this is its directive... But lets take it one step up a level, see it as a force and allow it to simply move through, not holding it, not fighting it, but set it free from you and you free from it.

Rachel Shields 

