

The
BAREFOOT
Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear

Session 1

Schema & Stratagems

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Barefoot Doctor

Began studying martial arts, meditation
& healing aged 11

Teaches the Taoist methods for optimising
every area of life at a psycho-energetic
level



Stephen Russell

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Taoist methodology

How the mind moves energy, how the energy moves the body, how that affects how others are with you

The symbiotic relationship of the complex of experience to the background presence, the sub-atomic realm, the Tao

By learning to flow with the Tao, the Great Way, you're also able to influence it – inserting an intention for an outcome – Wu Wei

無為
Wu wei

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Barefoot Doctor

Studied with RD Laing (book recommendation '*The Politics of Experience*')

Has come to understand his own fear & worked with people from all walks of life to help them master their fear



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Psychology of Fear – What Is Fear?

Real fear

- being physically hurt
- loud noise (indicates danger, shocks you, damages the body)
- fear of the unknown
- fear of death – underscores all other fears, fear of oblivion/the void, the Tao – we are ultimately afraid of the Tao





Psychology of Fear – Exercise

Feel into the fear of your own death

- Sit with the sensation
- Keep breathing
- Loving God/the Tao/the Big Mystery with all your heart, soul & mind, there in the void when facing death, is the antidote to fearing the divine



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Barefoot Doctor

Doctor of Chinese Medicine

Lived with native American Indians in New Mexico – learned the Shamanistic approach to mental health – physical ailments are initiated by a thought which has arisen out of unprocessed fear



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Psychology of Fear – Fear Is A Constant

- Because the scale of existence is so infinitely vast we cannot help but be in awe/dread/fear of it
- Fear is not your enemy, it's your friend
- Fear was originally the response to life-threatening danger – it kept us alive – this energy is still running in us





Psychology of Fear – What If?

- We create horror movies in our heads
- We confuse the filter with reality
- We grow scared of what we're seeing in our heads
- We tire out our adrenal glands with our internal atmosphere of nervousness, afraid of things which don't exist





Psychology of Fear – Anxiety

- The force of fear with no where to go finds its expression in anxiety
- Anxiety is one of the main negative drivers of human culture
- Anxiety is manufactured fear – we're afraid of something we've imagined
- Anxiety causes the release of cortisol - which is addictive – stress becomes a habit – you become afraid of life





Psychology of Fear – Depression

- A self-generated state where you become so anxious about things that don't actually exist you lose the will to live
- You lose the will to partake of life's pleasures with others, become lonely, isolated, alienated
- Downwards spiral – from weak kidney energy





Psychology of Fear – Feel The Fear

- Life comprises fear – the two are inseparable – being afraid is part of being alive – fear is healthy
- We have defaulted to living in the anxiety state as our general way
- The key to being fully energised to optimise the adventure of being alive is to acknowledge, accept, embrace & then harness the real fear





Psychology of Fear – Love The Fear

- If you love fear, it dissolves, it becomes pure energy - loving the sensation transmutes it
- If you can differentiate between real fear & anxiety you gain psycho-emotional distance to be able to process the anxiety transmute it back into pure chi – fuel
- If you don't process anxiety, paranoia sets in – paranoia is anxiety thoughts imbued with misconceptions & false assumptions





Psychology of Fear – Sense of Self

- In Chinese medicine – anxiety weakens kidney energy, which in turn weakens the liver leading to toxicity of mind & body, then the weakens the heart
- Heart energy governs your sense of self which is crucial for sanity
- Psycho-therapeutic healing is about developing strength of self – reintegrating the split off parts so you become whole again





Psychology of Fear – Panic Attacks & OCD

- If the heart loses the chi to govern the sense of self, anxiety builds up, with a tinge of paranoia, panic attacks occur
- When the heart weakens, the spleen weakens, the intellect weakens & the mind becomes obsessed trying to make order out of chaos – this causes rituals
- When the spleen weakens, the lungs weaken & you reference experience to the past – unresolved trauma - enacting rituals becomes compulsive - OCD





Psychology of Fear – Addressing Anxiety

- Differentiate between real fear & anxiety
- Become aware of how anxiety operates how it affects your body – tenseness, breathing, contraction, inhibition, protective action, inhibition, energy depletion, rigidity
- Mindfulness – noticing - the ability to observe, take note of what's occurring, identify the sort of anxiety you're experiencing





Psychology of Fear – Homework

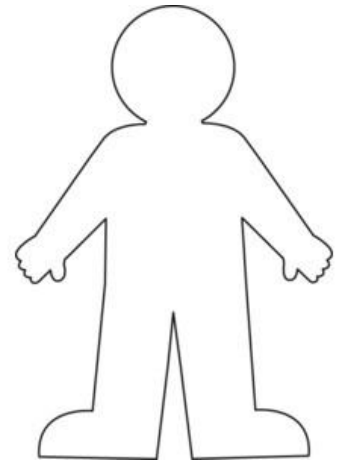
- Note down any /all of the major moments in childhood or adulthood that you recall, when separating from someone, or something, or somewhere was particularly painful & traumatic
- What did you do to overcome it /each, how did you navigate the pain?





Psychology of Fear – The method

- Scan your body & see where the fear is coagulating as energy, where are you holding it?
- This is primal fear in its raw state – notice how your mind attaches it to a plausible reason to feel afraid (creates a horror movie)





Psychology of Fear – The method

- Breathe with raw fear wherever it coagulates - “I’m afraid and I’m loving being alive
- Differentiate that from the horror movie / anxiety object – identify what you’re anxious about
- Observe what’s happening in your body





Psychology of Fear – The method

- Note any practical steps you could take to deal with what you're anxious about – honour the reason for the anxiety
- Fear is your ally not your enemy - it's ok to be afraid
- “Could I let go of wanting to change this?”
- “Would I let go of wanting to change this?”





Psychology of Fear – The method

- Acknowledge that you coalesced everything as it is in your life, exactly as it right now to produce this precise feeling of fear exactly at this moment because this is what it takes to make you feel alive
- Own it rather than be a victim of it – it's ok to be afraid
- Say “I love you” to fear





Psychology of Fear – The method

- Stop holding your breath, slow your breathing down, deepen it, relax your body, lengthen your spine, raise your breastbone, soften your heart, tip your mind into the rear brain, tip your presence into your back, relax your kidneys, breathe your fear in & out like fuel





Psychology of Fear – The method

- Ask yourself – if your horror movie actually occurred, what would be the worst thing that could happen?
- Commit to the position that, no matter what, you won't let it crush your spirit
- Ask yourself what you actually want, as opposed to what you don't want, see it, choose it, know it will be so



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Psychology of Fear

Thanks for being here...

See you next week



Stephen Russell