

Psychology of Fear

Introduction

Everybody behind the façade is absolutely terrified. That's the truth of it. There are many reasons that people are scared. One of them is the fear of abandonment. On a daily basis there is the fear the other will not like you talking to them. And if say, I assume you don't like me and you turn me off, the fear at some primal level is of being abandoned, of being rejected from the tribe, from the clan, from the pack. Another fear is of people hitting us. I'm a martial artist, have been since I was eleven. I'm aware of the ways of the fight and I know what goes on. You might walk down a street and see two guys sizing each other up. And the one who is obviously going to be the winner in the fight takes the dominant position and the other one naturally defers. Being a martial artist I instinctively defer to the other. I've got nothing to prove. And it makes it easier, things move faster that way. While obviously maintaining my dignity. And that's important too. There is the fear of losing your dignity, your uprightness, becoming a crumpled person. There's the fear of being beaten by life, the fear of humiliation, being outcast, the fear of destitution, of starvation, of suffering awful pain, of suffering loneliness, of being alone. Underneath all this, when you allow yourself to be awake to it, is the fear of the existential terror.

The fact that we're in a cosmos that is so infinitely fierce and ferocious, and if we actually become aware of it it's rather frightening. And to know that we're on a planet that is spinning on its axis at 1,000 miles per hour and zooming round the sun at 66,000 miles per hour. And it's not a flat thing, it's not a big clod of solid stuff, it's about twenty miles thick. And underneath that twenty miles, in most places anyway, some places are much thinner than that, it's as hot as the surface of the sun. If you look at a volcano erupting, which I've had the privilege of doing recently, you'll see it's really powerful. We have the power of the cosmos right under our feet. And then we also have the power out there, which we tend to think of as up there, but that's when we thought the earth was flat. We're on a sphere, so it's out there, and out there there's nothing. And then you get to a galaxy that's colliding with another galaxy, and you know how big a galaxy is. Imagine the power of that. And you know that life is cruel, you know that nature is fierce and cruel. It's certainly not sentimental. Yes, it's beautiful, but it's fierce. Look at a cat. Cats are beautiful little things. You want to make a video go viral on YouTube, put a cat on it. Everybody loves a cat. And yet you watch the cat go for a mouse or a bird, that's ferocity, that is the ferocity of nature, that animal is wild.

And we're afraid of nature in its raw state and all the possibilities that nature could bring about if it didn't treat us well. And we mask all this. That's why we've built our infrastructure, our supermarkets, our distribution systems, our communication systems, and so on. It's to mask the fiercesome nature of nature. And as we learn we can't do that, it starts rebelling. And we're facing these sort of multilevel, multidimensional crisis to our very

survival as a result of it. But that's how we operate, it's how we roll. We can't change that. And this primal fear of being hit, this primal fear of loud noise, this primal fear of falling off ledges, this primal fear of fire, and so on is so deeply wired into our circuitry from the time, however long ago it was, when we were living on a planet that had fire erupting all over the place and big wild animals and massive horrible monsters. And people with no sense of ethics, and who had no respect for other people's lives, who would just club you if they needed to. We don't know this of course, we're just assuming, but we imagine anyway.

We're all terrified of each other, we're all terrified of existence, we're terrified of the universe, and we cover that fear over, because if we didn't we couldn't function. And we have various strategies for doing that, most of which we learned when we were children when we actually didn't know very much about anything. We feel that we're not good enough. All of us intrinsically feel we're not good enough. And that's why we buy all the stuff, that's why we make all the things, because we feel that we're not good enough. And this is a fear, the fear that if you're not good enough you will not be accepted into the hunting pack and you will die from starvation. You'll be ejected from the clan and so die. That's how it was in those days one presumes. You had to stick together.

Now this is so deeply programmed into our wiring that, firstly we can't stop it operating, and secondly, we're not even aware it's going on. However, this underlying fear, if it's not acknowledged, if it's not adopted and embraced as a force, if we're in resistance to it, if we're in denial of it, works away against us, it eats away at us and it prevents us living fully. And we become people pleasers, we take second rate options, we afford ourselves much less of an experience, much less of an adventure than life is offering us.

I'm not suggesting it's better to have a bigger adventure. I don't know. I like it big. There are people who like it even bigger. Everybody has their own way of doing it. But what I do know is that each and every moment of being here could be the last moment, we never actually know, we mustn't ever take continuity for granted. But in each and every moment there is this opportunity to feel beautiful, to feel like, '*Oh this is amazing, I'm alive, I have the gift, the gift of all gifts, I exist, I'm here, thank you, thank you, thank you*'. And when in that state it seems that life presents more opportunities, more opportunities for fun, for self-expression, for self-development, for expressing your creativity, your original ideas, more opportunity to connect with people in a state of love. Because that is actually what we all want. We all want inclusion, everybody wants inclusion. We go about it in the most ridiculous ways, by becoming celebrities, becoming rich, becoming a victim, becoming this, becoming that, committing crimes. People do crazy things just to be included. None of which actually works.

Most of the stuff people do to be included actually excludes them. What includes us in the human family, which is what we're talking about, is love. I'm not just talking about hitting a word on you and you going Pavlovian, yeh, love, good. It's not about that. Love is a very simple thing. It's when the chest feels open, when the breast bone, as if it's a pair of sliding doors feels as if it's parted, so that the armour in there that protects you from connecting with people dissolves for a moment, and that allows the precious jewel of your essence, of who you really are, that beautiful being who when you were born people picked up and went, 'oh you're so beautiful, so beautiful, I love you, I love you', the way you can inspire that love

with your beauty, that is still there, right in in your heart. And that's really what you came here to do, to share that with everybody. When the heart is open that radiates naturally, and in its radiation it somehow simultaneously draws in that same quality from everyone else. That's what makes you feel connected, that's what makes you not feel alone, that's what makes you feel good enough, that's what makes you feel not afraid of being ejected from the clan, abandoned, and therefore left to die. But this love can't just come from some concept, from some ideal. It has to come from the depths of your being.

And that again sounds all very good and pretty, everyone knows what that means, sort of, but what exactly does that mean? The surface of your being is what shows in the front. The depths of your being is what's behind that. And you could say what's down underneath it. So it's an actual, what you could call, a psychospatial manoeuvre of drawing yourself, your presence, the experience of being you, out of the front of your body where it usually resides into the back of you. This I have to say, is probably the most important move I've ever learned in all of my life, in almost fifty years of studying it and practicing it. It's not spectacular, this idea of just sitting into your back, it's no big deal, it's not like bang, that's it, I'm enlightened forever. When you drop back though everything goes still, everything goes silent, everything becomes a very strong feeling. Because that's what the back is really, it's still, its silent and its strong. And when you sit in your back, that's what you become. You become the presence in the background that's observing all the time. It's not partial to whether things are easy, or difficult, it doesn't mind. It's just somehow always in a state of perpetual delight just for being here to experience all this. It's not involved in the drama of being here because all of that goes on in the front of you, in the noisy, vulnerable relatively weak front of you. You've got the noise of your belly, the noise of your heart, the noise of your lungs, the noise of all the stuff going on inside of you. You've got the noise of all the emotional resistance to just being alive, to receiving all the information that's coming through every moment. You have the closing down of the chest to protect you from the pain of betrayal and skulduggery that in turn closes the throat down and stops you communicating freely, authentically. And this general closing of the front of the body pulls the head forward, very subtly, and that tips the mind if you like, into the front brain.

And that's why we're all very front brain orientated. Now what the front brain does is create a series of descriptions about what the sense organs are perceiving in front of you. The sense organs all face forwards, so you perceive the world out there as being in front of you. And what you do is make descriptions of what you're seeing, or what you're perceiving. You then mistake this series, this highly complex series of descriptions built up from childhood onwards, which as I say, is a time when you don't know a lot about the world from which to base your descriptions, this heavily complex series of descriptions occurs in the front of the brain and you mistake that for reality. You then notice yourself in relation to that complex of descriptions and you've got this whole drama going on - am I winning, am I losing, am I winning, am I losing, and you'll use different, rather spurious criteria on which to judge that, for example how well something is doing, how likely is that to happen, how badly is this one doing, and so on and so on. All of it are just descriptions, all of it is spurious, all of it is just subjective, yet it's taken to be absolute truth that is you, this is your world, this is your reality.

Then you spend inordinate amounts of energy rushing about out here in the front of you trying to sort it all out, and make it neat and tidy, make it stable, get a state of static balance, make everything secure, so you won't have to worry any more. It's a great idea, but you know it doesn't work. And this for one very simple reason, because everything from the tiniest quark or neutrino, to the largest galactic cluster, is spinning. So this entire universe is on a spin. The whole thing is looping. How can anything remain static when everything is spinning? It's not possible. So balance, for example, is not a static state, enlightenment is not a static state, peace is not a static state, being clever is not a static state, being rich is not a static state, being happy is not a static state. None of it is a static state. All of it is moving. The whole thing is a big dance. And there is no alternative. People have the most amazing Jedi tricks, such as making loads of money and making it really work for them, so that they're cushioned from the inconvenience of nature, they'll have their chauffeur driven car wait outside the restaurant so their shoe leather only has to contact the ground for four steps, or whatever, and get a private jet so they won't have to go through the ordeal of standing in line with people in airports and so on.

Yes that will remove a lot of the inconvenience, but you're still living in fear. And that might enable people to take breaks momentarily from feeling the fear. But it won't guarantee it, that's for sure. I spend a lot of time in these sort of places, the French Riviera is even more poignant. You see a lot of superyachts rolling by. If you happen to be standing on the shore looking out at any moment in summer, you will see ridiculous amounts of wealth going by on boats. And I have never ever seen anyone smile on those boats. It doesn't mean they're not doing it, they might be shielding their smiles from me, I have no idea. But I know that surroundings being comfortable does not preclude this feeling of fear that prevents life being beautiful. And true success surely must be being able to stop at any single moment and go, 'I love this. I couldn't actually be having it any better than this. This is beautiful. I love this, thank you. I'm loving being alive'. That's the test. That's why people want to make the money, that's why they do all the stuff they do, become famous and so on, to feel that they're loving being alive. So, and this is actually Taoist wisdom, flip it on its head, start by loving being alive, and all the other stuff, the lesser gifts, because it is all lesser gifts, will come anyway. And because then you're in the flow of the Tao, the big wave, the roll of nature that includes the fear, because you're with that, the fear of it being taken away from you, of life becoming inconvenient - yes it's still there, the front part of you still fears that, but you know that it will be a story - you'll grow through it, you know that you'll be protected, you know that you'll roll with it and that the energy, the chi will support you through.

The antidote to all the blocks to your flow really consists in learning to drop into your back. So, that's the first thing we're going to do. Acknowledge the fear. This is primal. This is scary. It's scary being here. It's really frightening this universe. Acknowledge that, that you are terrified. Stop pretending just for one moment. We both acknowledge it, we are terrified, that's our natural state, terrified, and it's OK. Breathe with that. Breathe with that trembling fear inside of you, just keep breathing slowly. Let your belly expand as you breathe in, and flatten it to your spine as you breathe out. You swell it up to let the air in, you pull it back to

push the air out. Notice your posture. If you're a bit hunched over, lengthen your spine, drop your shoulders, broaden out, raise your breastbone. Feel the muscles hanging off the bones and notice where they are tense for no reason, and just let that tension dissolve. Use your mind to say muscles soften. Something nice to do is spiral your hands. There's no particular order to it, they can go in all different directions, you can do what you like with it. What that does is get your energy moving, and it's such a lovely habit. This gets your mind moving. There'll always be something that gets stuck, you're missing the boat, or you're going to miss out and not get the right deal, or you're going to take yourself down a blind alley that's going to land you in a garbage can, or whatever, you've probably got a list all of your own. This is the stuff that you're creating in the front of you. It's a story that you're making up. Because the thing hasn't happened. Real fear is if a tiger suddenly came at you, you'd be scared, or if the ground suddenly went from underneath you and you fell down into a chasm, that would be scary, or if there was suddenly a really loud noise, that would be scary, or if a fire came over the horizon very fast, or if some guy came round the corner firing an AK47, that would be scary or if an asteroid suddenly fell down. I could go on. These are real fears. The fear we're talking about here is fear that we're creating in our heads, we're inventing a horror story.

So you ask yourself, '*OK this horror story that I'm creating, is it real?*' Be honest with yourself, you have to then say '*of course it isn't*'. You can give yourself as many '*what ifs*' as you like, as long as you acknowledge that's what they are – '*what ifs*'. You can go for the usual option of rushing about trying to change things, to stop that happening, this '*what if*' thing. You can buy an insurance policy, or buy a house, or do this job, or whatever, and this might work, it does work for people at certain times. I'm not saying it's wrong to sort out the outside.

Or alternatively you can just drop it all and come into the back. Once you sit in your back you can then attend to the energetic cause of fear, which is that your kidneys are contracting. When that area contracts, and its subtle, you feel fear. When the kidney area contracts fear arises. The mind then deftly and quickly posits a reason for that fear. And it does it so fast that you think you're afraid of that '*what if*' thing happening. You're not, you're actually just afraid and then you're creating fearful thoughts. It's very important to remember this because it puts you in command of the process, rather than vice versa. So you come into your back, you desist from trying to sort out the outside. Let it sort itself out for a moment, take a rest. And say to yourself, '*I'm silent, I'm still, I'm strong*'. Take your mind down to your kidneys, at waist level, either side of the spine and use your mind to broaden it out there, to expand it. You can use your hands at the same time. Hold your hands up at waist level, palms facing each other, and move them towards and away from each other slowly. And as you do you'll feel a magnetic pull between them. It starts between the fingertips, and goes to the palms, that's chi. Now as you do that, you get this expanding, contracting concertina effect. You can feel that, if you're sensitive, happening in your kidney area too, just by intention.

So you're now conducting the flow of chi in your kidneys, and making it expand, contract, expand, contract. Now this may well be new for you. You might get it straight away, but you

probably won't. You're going to have to practice this. That's how this stuff works. It's not instant gratification. It might be, but you've still got to work at it. If you really want the gift from this stuff. This isn't just like buy a pill, take it, sorted, because that doesn't work either, we all know that. You have to practice to develop it a little bit. And it's nice, it's not a chore. It's nice to sit and do this. Just feel the area of the kidneys, expand, contract, expand, contract.

You can also go the herbal way. This is safe for anybody. Drink nettle tea - two or three medium to strong cups a day will put fire into your kidneys and thus warm your kidneys up. When we get afraid, when we have a fearful thought, that makes the kidneys contract, and/or they get cold. They can get cold from you rushing around, from straining too much, from using too much adrenalin, produced by the adrenals, which most of us do in fact run on most of the time - you're coming out of yourself all the time.

Then there has to be a willingness to love the feeling, to not be afraid of it, as that's silly, it's double punishment. Instead of fearing the fearful feeling, love it. It's a force. It's the force of nature, so breathe with it and go with it. Say '*it's fear and it's me who's generating it*'. It's a big one. You say:

'It's not as if its loud noises of danger around making this happen, it's my mind. Why am I generating this fear? Is it because I am utterly insane? Well probably. But the reason I am generating this fear is because the feeling it gives me makes me feel alive'.

Now when you can acknowledge that to yourself, notice how that immediately makes you feel powerful. Your mind will resist this. As soon as you acknowledge this it starts to turn down somehow. Or you get a handle on it and can soften it while still feeling alive. Say,

'In fact I notice that the more I let the feeling subside, the more alive I feel'.

Once you get this your life will be so totally different. It will be different of course anyway because life changes, but this stuff changes people. It brings out the true self. It brings out the

part of you that loves being alive. It brings out the powerful part of you. It doesn't stop you feeling vulnerable. It doesn't stop you feeling awkward. It doesn't stop you feeling insecure. It doesn't stop you feeling down sometimes and all the rest of it. But whatever you're going through, you're able to maintain stability inside. You're able to keep coming back to this place where you can say '*Ah how curious, this is happening*'. So rather than wasting energy and running around trying to change something, like you've probably been doing all your life, this gives you the wisdom of these ancient Taoist sages, who really were clued in, and it's a great privilege that we have this knowledge now. And it's a great privilege for me firstly to be able to receive it, and secondly to be able to share it with you. This is what is going to make us evolve to the next level if anything is.

It really comes down to, '*am I a warrior, or am I a worrier*'? Do you want to be a warrior, or a worrier? Well I find things work out a lot better, you feel better about yourself, it's a far better look, its neater, its tidier, and everything seems to flow when you're a warrior. I wish you results from practicing this. We'll be dealing with all the major fears. They all come down to the same thing, but from a different angle. And it needs a lot of repetition and to be seen from all the different angles, as you will see.

