

The
BAREFOOT
Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear

Session 2
Separation Anxiety

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Welcome



Stephen Russell
Barefoot Doctor

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear - the schema - recap

- Real fear is the fear we're programmed with – based on real dangers before we became firstly an agrarian & then a technology based culture
- Loud noises, being hit, falling – the fear of death underlies all these
- Fear of oblivion, the void, the coldness of nothing – the ineffable presence informs the void (God/Tao/Great Spirit) – we are afraid of the Tao



Psychology of Fear - the schema - recap

- Fear is part of being human – we've chosen to sublimate it & transform it into imaginary fears - anxiety
- We create horror stories in the head, we believe them, that creates anxiety – cortisol is released from the adrenal glands, which is addictive
- Cortisol causes us to tense up, stop breathing, collapse the body – this puts us into a more fearful space

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



The Taoist way with fear

Transmute fear into raw, pure chi

Don't deny fear, mask it, distract yourself
from what is making you afraid

Transmute the anxiety back into raw, pure chi
and ride it...



Stephen Russell

The
BAREFOOT
Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – front of the body

- To transmute anxiety (fear) learn to situate yourself properly within your skin
- Front of the body is where all the anxiety is manufactured - conversations in the front of the brain, stresses on the organs which affect the emotions , sense organs all face forward, we perceive reality in front of us – it's compelling – draws us forward, inside our body

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – back of the body

- Taoist approach is to flow backwards inside – thrust backwards into the back of the body
- Back of the body – strong, still, silent , steady, less vulnerable (front – frantic, noisy, disjointed, vulnerable & weak)
- Sitting in the back of the body you gain psycho-energetic distance from the drama of the anxiety confected in your mind

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – fear is part of life

- It's ok to be afraid, it's part of life, it's energy itself
- This energy keeps you alive – helps you avoid danger
- Love is the antidote to fear – love the thing you're afraid of
- We are afraid of fear – we avoid it, sanitise it, avoid looking at what makes us afraid



Psychology of Fear – fear of losing someone, or something, some place, some phase

- You create the picture in your head & think it's real - you become afraid of it
- You sense change coming – your kidney energy is in deficit, it makes you nervous – fearfulness arises
- Front of the mind justifies the belief



Psychology of Fear – Separation Anxiety

- Not the worst anxiety, the most pernicious, acute – but totally insidious & ubiquitous
- It happens when we are very young, we learn to mask it & kid ourselves we don't care – yet it's effects are insidious & far reaching, undermine our entire choice making process
- Causes us to act out in ways that are not the best for us & those around us – counter productive having separation anxiety unacknowledged & unprocessed



Psychology of Fear – loss of prenatal heaven

- The earliest /original anxiety – instigates the pattern for subsequent anxieties
- It begins in the womb – we move from nirvana to claustrophobia, compressed & decompressed, then passed through the birth channel
- Loss of prenatal heaven is a profound shock to the system – we have to learn how to breathe, deal with light, eat, digest & eliminate, make noise, move & process information

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – seeds of anxiety

- Separation anxiety begins with slight edge of nervous anticipation before birth - grows & can be contributed to by mother - shock of birth justifies the anxiety - anxiety seems the default response to change
- Going to kindergarten is the next separation anxiety - leaving mother for weird smells & unknown people, new culture -justifies the anxiety

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – pattern of anxiety

- Pattern set up from pre-birth – instinctive fear of the unknown, of change – a survival fear
- You cling to a familiar reference point & correlate that with survival
- We confuse correlation with causation – so we have fear of losing the reference points we're attached to

The
BAREFOOT
Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – patterns compounded

- Pattern of fearing change is compounded again & again through our relationships, places, situations & phases of life
- Nostalgia – looking back – a device of the mind to justify perpetuating the tendency to anxiety
- Nature addicts/habituates itself to forms of thoughts, behaviour, memories



Psychology of Fear – parting

- All phenomena eventually separates
- When you feel a separation coming – person, place, situation, phase – it causes an up-rush of separation anxiety – the fear of change, the unknown, not surviving – fear of the void & that which informs the void
- Choose to love the Tao in the void rather than fear it – allowing your heart to open from the back of you, sitting back inside, love and trust rather than fear & mistrust the Tao

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – change is constant

- When you love & trust the Tao in the void there can't be fear of change
- Change is constant – everything is in motion, constantly changing
- When you are thrust back inside, centred, heart open, aware of the fear at the deepest, primal level of change, you love the Tao informing the void in which the change occurs – this antidotes the fear instantaneously leaving raw, pure chi

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – enjoying life

- You can transmute confected, sublimated real fear of the Tao ahead of time, before it has time to take root
- There is no higher purpose for our being here than to enjoy it – the Tao manifests as you and I to enjoy being here through us, so the more you can transmute fake survival fear before it takes root, the more you can enjoy the ride and infect others with your enjoyment



Psychology of Fear – ignoring change

- When we ignore change, even if it's desired, it gives rise to control & manipulation tactics to avoid acknowledging the anxiety
- We start, shielding, covering, masking, lying, criticising, enticing, alluring, mesmerizing, bullying, cajoling, coercing, appealing to guilt – subtly
- Time wasting, energy draining charade – dehumanises you & them – instead, acknowledge the separation anxiety, it transforms the dialogue between you

The
BAREFOOT
Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – the form

- Notice & acknowledge the anxiety in yourself & to the other
- Be in your back – sit back, relax your muscles, stop holding your breath, breathe slowly, elongate your spine, drop your shoulders, raise your breastbone (you grow in height & breadth), drop back inside & notice the anxiety projected onto the situation – fear of the unknown manifesting as separation anxiety, not a real fear

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – feel the fear

- Love the Tao in the void so the fear drifts away – you don't need to cling to people or places or situations or phases for your survival
- Real fear is healthy energy - raw, pure energy to be tapped
- Feel the fear of death, envisage your death & feel the fear of oblivion you're afraid will follow it & the Tao that manifests that oblivion – love the fear & love the Tao in the void

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – breathe the fear

- Breathe it in and out as an energy – riding the fear like a wild tiger within you
- Sit back inside, know that the drama is all a confection
- As soon as you can feel a glimmer of loving the Tao in the void you're know that everything is one within it – different shapes of the one thing
- No matter who or what comes & goes in your life, there cannot be a separation from the continuum of infinite energy, life, consciousness



Psychology of Fear – fake fear, real fear

- Separation anxiety is a totally fake fear, it doesn't exist, it's an illusion, a bogus response to change – it's no longer obligatory to pander to it compulsively
- Riding the real fear of God/the Tao /the void, breathing, relaxing & flowing backwards rather than rushing forwards into the illusion, reminding yourself its perfectly ok to feel afraid, there's no longer a need to mask it or pretend you don't feel it
- Feeling the fear you ride it like it's beautiful – the energy of life, loving the fear

The **BAREFOOT** Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear – letting go

- Could I let go of wanting to change feeling this fear?
- Would I let go of wanting to change feeling this fear?
- Answering 'yes' gives you your power back
- Roll through the worst case scenario – what if you were to never see the person, place, situation, phase, again? Would it kill your spirit?



Psychology of Fear – psycho-energetics

- Kidneys process fear – raw, pure energy – generates your life force
- Kidneys are strained when fear is confected into a horror movie in the head which triggers anxiety, creates more cortisol, creates more anxiety - addictive & perpetuates
- Liver chi weakens, more toxicity in the system – your chi & thoughts become more toxic – makes you see what's not there & gives rise to manipulative behaviour – you're afraid you've lost control – pushes them away, proves you were right in your negative behaviour



Psychology of Fear – psycho-energetics

- When liver chi drops, heart chi drops - you lose your sense of self, self-esteem, self-reliance -you think and see the situation crookedly, you blow it out of all proportion, lose your perspective
- When heart chi weakens, spleen chi weakens – this leads to addictive behaviour as compensation for mother nurturing
- When spleen chi weakens, lung chi weakens – you look back with nostalgia, you're regretful – compounding the sensation of anxiety about change – reminding you of previous incidents



Psychology of Fear – subtle depletion

- Anxiety depletes your vital life force, depletes & deletes your energy & capacity for living the adventure – it's subtle & unconscious
- Knowing this is enough to rebalance – think warmth & relaxation into your kidneys, breathe, relax – hard to feel afraid when kidneys are warm and relaxed
- Separation anxiety – fear of death, of leaving everything & everyone – all your reference points, none of them are real & absolute – the antidote - love the fear, the Tao informing the void



Psychology of Fear – intention

- Having processed the fear, ask yourself what your intention is on leaving someone, some place, some situation, some phase?
- Let them go, knowing they will prosper – trust the Tao , the flow of events
- Feel the fear, love the fear of not knowing, love the Tao's power, feel the fear transmute into pure raw, chi, excitement – trust that to bring you your desired outcome, trust your intention will manifest – let go



Psychology of Fear – homework

- Look at how competition anxiety drives you
- Remember the earliest time you felt competition anxiety
- Other instances where competition anxiety floored you
- What did you do to deny it, distract yourself, process or rationalise it?



The
BAREFOOT
Doctor

TRANSFORMATIONAL TRAINING



Psychology of Fear

Thanks for being here...

See you next week



Stephen Russell