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# Psychology of Fear

Session 8

Panic attacks, paranoia & OCD

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**Welcome**



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## Psychology of Fear – Names

- OCD – Obsessive Compulsive Order – a clumsy description, reduces human experience to an acronym – work with it, honour it, it will normalise – everyone has rituals
- Paranoia - a description of an extreme state, treating the person rather than the ‘disease’
- Panic attacks – from ‘Pan’ the nature God, from which comes pandemonium, a state of demonic possession by the id – involves suppression of the primal self

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## **Psychology of Fear** – Fear is essential

- We now have no immediate need of our essential survival fear – but rather than acknowledge fear, breathe with it, be with it and let it neutralise into raw energy (as we would if living in a primal way) we go into denial as it doesn't fit with being an organised, rational, practical, sensible neat and tidy human being in the modern world
- Survival fear when left unacknowledged goes unconscious – toxic, attenuated fear which strains the kidneys

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## Psychology of Fear – Attenuated fear

- When the kidneys are weak there is mostly fear. When they are strong there is mostly energy, vitality, the will to do and be.
- Kidneys are strained by having to process toxic, attenuated fear – which in itself produces a fearful state in the body – an anxious, nervous state
- Then the thinking, evaluating, descriptive mind, which analyses, evaluates and gives rational to what you are feeling, doesn't know what to make of the fear and so creates a horror movie

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## **Psychology of Fear – Horror Movies**

- The horror movie images your mind concocts are so convincing you mistake them for reality itself
- The antidote requires noting the fear, acknowledging & honouring the fear, seeing that under the fear is the fear of dying, the void & the Tao/God in the void, love the fear rather than deny it, love the God in the void, envisage your death and passing into the void & visualise the presence/power in the void and love it so it becomes your ally rather than your enemy (it always was), ask could/would I let go of wanting to change this? It's perfectly ok to feel fear.

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## **Psychology of Fear – Chronic panic**

- If you don't embrace fear, low grade chronic anxiety occurs, causing rushing and worrying as a default position – creates strain on the kidneys & so strains every level of your physical system
- Beyond that is a state of chronic panic – where you always instantly default to assuming and dreading the worst, so you can't think straight and become increasingly incapable of attending to the functions that ensure your survival – self-fulfilling prophesy

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## **Psychology of Fear – Chronic panic**

- When panic becomes the norm you get physical symptoms associated with the drain on your kidneys - such as asthma attacks, lower back pain, stiff neck, headaches, insomnia, irritable bowel system.
- You are able to maintain cognitive dissonance until something happens to trigger a full blown panic attack – when the aspect of the kidney energy that serves as a coolant is insufficient in its flow and volume to temper the heart fire, so it rages out of control.

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## Psychology of Fear – Panic attack

- Shortage of breath, racing pulse, intermittent heart beat
- Heart energy provides consciousness, sense of self, long term memory, context in which to place yourself – when the heart energy drops you find it difficult to contextualise, you feel as if you don't belong, you are incongruent with every aspect of existence
- Tendency to panic, begins with discerning panic in your mother/carer, experiencing the 'collapsing universe' as a baby

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## **Psychology of Fear – Associations**

- The 'collapsing universe' experience will lodge as a mode, an option which will trigger with varying frequency and degrees whenever circumstances present enough matches via unconscious, irrational associations
- A smell or colour can trigger a panic attack – the program can run you for the rest of your life until you address it

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## **Psychology of Fear** – Self Adjustment

- Dropping into the back of you and remaining there more than in the front radically alters your experience of life
- In the back you become the witness bearer, without preference or prejudice, knowing all manifest phenomena are subject to yin and yang cyclical contraction and expansion
- When you train yourself to drop into the back, it becomes the default position and you are able to accommodate fear, personality quirks, without judgement, without it disturbing your equilibrium

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## **Psychology of Fear** – How to drop into the back

- ‘Pull up the back’ – tilt pelvis, lock pelvic floor, pull up the back
- See your shoulder blades, front of your spine, rear pelvic bones and sacrum as a comfortable throne – spine perpendicular to the ground to receive divine light – dignified/upright/powerful, lean back into the throne
- Breathe in and out directly through the kidneys, or the whole back

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## **Psychology of Fear – Paranoia**

- Chronic panic is the underlying cause of paranoia, OCD and voices in the head
- If we believe the horror movies in our imagination are real to the extent we live in total reaction to them, and if we combine that with being in a state of chronic panic/anxiety (with all the vital organs and functions of the body mind systems under strain) its easy to see how paranoia develops

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## Psychology of Fear – Paranoia

- In a situation, your mind creates imaginary reasons why something has or hasn't happened – the mind's power in deceiving you is almost total, it imagines the most bizarre things
- The mind will generally go to all the most ridiculous weird ideas – this can be a spiral – the imagination can run away with itself to the extent you live your life in reaction to it
- Tensions in the body develop in reaction to an imaginary picture – relieved by sinking into the back, breathing slowly – remembering to choose that option

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## **Psychology of Fear – Voices in the head**

- If you combine chronic panic, panic attacks and paranoia, you weaken both the kidneys and the heart – the sense of self becomes confused
- Liver (normally cooled and steadied by kidney chi), is responsible for feeding the heart with its energy – if the liver has to support chaotic heart chi, it is less able to detoxify the system (mind and body). Poisoned chi results and gives rise to poisoned voices in the imagination – not demons, the voice of your soul screaming for the panic to stop, so life can feel beautiful as it's meant to

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## **Psychology of Fear** – Voices in the head

- You are so invested in and impacted on by the state of panic and /or paranoia, so engrossed in it, the soul can only attract your attention by shouting nasty things at you.
- Once these voices are heard, it's hard to unhear them – they are distinctive, nasty, loud, insistent – concocted by the child in mimicry of an angry parent, sibling, teacher shouting rather than nurturing
- You start obeying them, rushing, stressing to keep up with their increasingly vehement demands

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## Psychology of Fear – Rituals

- This is not a disease – everyone is rushing more than they have to - the internal slave driver – happens to everyone until we train ourselves to stop it. When the system is overloaded, the effect is extreme and becomes too loud to ignore.
- One way the small child makes a facsimile of order out of existential chaos, turbulence of id, swirl of conflicting irrational drives in the unconscious is to enact rituals – performed as an offering

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## **Psychology of Fear – OCD**

- If paranoia has a grip, the rituals are performed to assuage imaginary demons in the head – growing series of sequences of trivial actions, devised and acted out obsessively and compulsively as though you have no option – you lose sense of trust in yourself
- OCD symptoms no different to a Japanese tea ceremony or religious litany – seeing it as a disease is a cultural construct – healed by seeing it through the back drop – you are not he or she forced to act out the rituals, it's a play being acted out in the front of you

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## **Psychology of Fear** – Undoing the pattern

- Honour rather than avoid the fear, be in the body rather than the imagination, observe yourself acting out the rituals – don't punish or judge yourself - most rituals are not silly
- When in the body, in the back, breathing, observing the front self going through the rituals there's psychological /psycho-emotional distance, so it's no longer compulsive/compulsory, you're no longer obliged to do it – you have an option – knowing you have an option is the start of undoing any pattern, no matter how strong

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## **Psychology of Fear** – Undoing the pattern

- It takes time to unravel and dismantle a mechanism that's been in place all your life
- Everyone is suffering from at least a tendency to panic, everyone has paranoid thoughts, everyone hears voices in the head (including a nasty, bullying, self deprecating, critical one), everyone enacts rituals mostly unconsciously to order the perceived chaos

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## **Psychology of Fear** – Undoing the pattern

- To turn the volume down, drop into the back so you merge with the witness bearer, Tao/God in the void – process and love the fear
- Fear is the reason everyone has all these mechanisms occurring, hence the need to ride the fear rather than push it away so the mechanisms have no fuel to keep themselves going

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## **Psychology of Fear** – homework

- Without judging yourself, write down everything you want and everything you want to avoid



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**Thanks for being here...**

**See you next week**



**Stephen Russell**