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# Psychology of Fear

Session 3  
Competition Anxiety

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# Welcome



Stephen Russell  
Barefoot Doctor



## **Psychology of Fear** - Observation

- Observation without attachment or judgement of any particular process occurring within is enough in itself to 'heal' the suffering – to dispel the complex, syndrome
- The act of observation implies there's an observer and observed – there's psycho-emotional distance created
- The syndrome is no longer compulsive – it's an option

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## **Psychology of Fear** - Repositioning

- Taoist technique – psycho-spatially repositioning yourself in your body
- Common to forms of yoga
- Drop back inside where there's silence, stillness & strength – the home of the witness bearer, the observer – you can observe what's happening in the front, the anxiety

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## Psychology of Fear – Love the fear

- Real fear – being hurt, loud noise, falling
- Ultimate fear - death, oblivion, the void, the Tao (God) in the void
- Love is the antidote to fear – love the thing you're afraid of – fear is intrinsic to being alive, essential
- Feel fear coursing through your body & love it rather than try and mask it, change it, deny it, distract yourself from it

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## Psychology of Fear – Chi

- Stay present in the moment rather than give way to future projections in the imagination, then you are imbued with raw, pure chi / psychoactive energy / life-force
- We have no real reason to be afraid, yet the fear quota is processed all the time by the kidneys - which generate & circulate chi
- The fear quota has to be used on something, so we create horror movies in our head and invest in them, mistaking them for reality – this is confected fear, anxiety, it's in the imagination, but believable



## **Psychology of Fear** – Physical reaction

- Confected fear is toxic & puts a strain on the kidney energy, contracts & squeezes them
- Adrenal glands release cortisol – blood pressure increases, muscles tighten, breathing goes shallow, posture crumples – it's addictive (habit forming)
- Cortisol means more and more fearful thoughts – the various aspects of being human play themselves out as various anxieties





## **Psychology of Fear** – Competition Anxiety

- Can be useful – we're competing for resources, it gets you motivated, inspires creativity & originality
- Once you've acknowledged the anxiety, taken positive action based on awareness of the anxiety, the art of the wise person is to drop the anxiety
- If you don't drop it, you lose your power to do the things the anxiety has juiced you up for





## **Psychology of Fear – Competition Anxiety**

- Be aware in yourself as to how competition anxiety drives you
- Competition anxiety is illusionary – it drops at weekends and holidays
- Competition anxiety reduces your ability to rest, it depletes your kidney chi (the chi required to process anxiety)
- Aim – convert the excess competition anxiety back into raw, pure, chi, which fuels you to compete more effectively



## **Psychology of Fear – The Human Race**

- Sperm racing to fertilise the egg is where competition anxiety starts
- Residue of the original experience, the imprint is at the nub of your circuit boards, influencing your energetic patterns
- Competition anxiety is a factor in survival anxiety – fear of poverty /failure/ death



## **Psychology of Fear** – Human Herd Bonding

- Status, looking good, being right, being seen to be right, being seen to be good, being important, being respected, being acknowledged, being honoured, being celebrated, being rewarded, being accepted – the drive for these comprises an essential mechanism for the human herd's bonding - being included is what everyone wants
- If you don't have status, look good, look right, seem acceptable, it's as if you're not going to be included – major drive for competitiveness – at some level is a yearning for inclusion



## Psychology of Fear – Inclusion

- Inclusion is not just an emotional need – even a loose form of inclusion is imperative
- Drive for inclusion originates from primeval times when it was essential for survival (working together for food /water /shelter) – only recently have we outsourced these needs
- We don't risk going hungry if we're excluded from the clan but we have that program running & the fear quota associated with it is still running & being catered for by the kidneys



## **Psychology of Fear – The Horror Movie**

- We create horror movies the subject of which is - I'm going to be excluded / I'm not going to be included (in the clan)
- It presents on the surface as anxieties about being humiliated, losing your status, being disrespected, disregarded, discarded, dishonoured, unimportant, a nobody
- In the horror movie we imagine failing careers, partnerships, falling ill, becoming decrepit, growing unattractive, being unfashionable, looking square/stupid, becoming destitute, dying young



## **Psychology of Fear – Status Drop**

- Status drop derives from competition anxiety
- Tricky to dislodge – underlying drive is wired in from your inception & compounded at school, where you're entrained to compete with your peers – you are trained into that paradigm
- You believe you 'should' have achieved things by a certain age – and as parents you project this onto your kids

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## **Psychology of Fear** – The Inner Slave Driver

- Along with competition anxiety is comparison with others you assume are doing better than you
- Leads to ‘I should be doing better’ – the inner slave driver
- What happens to your ‘to do’ list when you die?



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## **Psychology of Fear** – Bogus Antidote

- Bogus antidote to competition anxiety – using personal energy posturing, parading, pretending & prevaricating, to create an impression of respectability, value, importance, worth, looking good
- We express it in our clothes, hairstyle, make up, home, car – need to impress



## **Psychology of Fear** – Drive for inclusion

- Occurs collectively as well as individuality on a global scale –brands, marketing, media, resources expended on manufacturing, packaging, selling, distributing produce existing mostly/merely to play to our insecurity & vanity, caused by our desperate drive to be included, misdirected completely & expressed as competition anxiety
- Drive for inclusion is fuelled by competition anxiety – the human herd needs mechanisms that bind us together & competition anxiety is a big one – a clever mechanism by which we bond

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## **Psychology of Fear – The Miracle Of Miracles**

- Stripped of the humiliation factor – no competition anxiety – you'd feel no humiliation factor - so poverty / failure would be less fearful a prospect
- With no need to posture, parade, impress, show off – you would feel less anxiety about competing (failing to compete) - you'd be more liable to feel contentment about the biggest gift – the gift of life itself – the miracle of all miracles – all other gifts are secondary

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## **Psychology of Fear – Just Being Here**

- Left in your natural state, without running interference on yourself, elicits an ongoing perpetual state of utter delight
- Without competition anxiety driving you to posture, parade, show off – you would be able to feel the elation/ contentment all the time – you would no longer be distracted, noticing someone else had more, achieved more, was cleverer, prettier, more important – it would be irrelevant



## **Psychology of Fear – Success is...**

- If you're not susceptible to comparing yourself with other people because of competition anxiety, life would be more enjoyable
- Success is being able to enjoy each and every moment to the full, enjoying the gifts you have
- In reality there is contentment & competition anxiety – the trick is to process competition anxiety & transform it into raw, pure, chi you can use as you go along



## **Psychology of Fear – Enjoying Being Alive**

- This is not a once & for all job, it's something you keep doing as you go along so the elation about being alive, the realisation of your true success preponderates over competition anxiety
- The noise, static, discomfort produced by unnecessary competition anxiety becomes quieter, so you enjoy yourself more
- The more you enjoy the gift of being alive in every moment, the better you do at what you're doing – competing in the human race rather than being riven & driven by competition anxiety



## Psychology of Fear – The Way

- The awake person notices what's occurring within, constantly, consistently & acknowledges it competition anxiety
- You notice competition arise but rather than being caught up in it, absorbed & invested in the drama, you drop back inside noticing the anxiety in the front of the body
- You acknowledge it as competition anxiety – what's your signal? Envy? Needing to be right? Being seen to be right? Tempo?



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## **Psychology of Fear** – You Are Not A Victim

- You 'give yourself competition' anxiety rather than 'suffer' from it – you are not a victim of competition anxiety
- Even though it is wired into your circuits, it is still you choosing to trigger the anxiety
- You are at liberty to desist when you have noticed and acknowledged it
- Acknowledge it as a confected fear – you are not in a race, you are just here

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## **Psychology of Fear – Dropping Back**

- Look to the primal, real fear beneath it – fear of exclusion, starvation, death, oblivion, the power informing the void – look to that fear, acknowledge it, love it
- Drop back into your back to do that – where it's still, silent, strong, home of the witness bearer, the background presence, the part of you that's perpetually delighted just for being alive



## **Psychology of Fear – Dropping Back**

- Drop your noisy self back, slide your mind back into the rear brain area so you can witness yourself without attachment
- Drop the chi / the fizz of energy in your brain down into your belly, (the kidney area, to be regenerated), lift your spine (stop slumping), drop your shoulders, soften all unnecessarily rigid muscles, stop holding your breath, breath freely & slowly to let the mind slow down



## **Psychology of Fear – Dropping Back**

- When you let go of the addictive cortisol spiral , by relaxing the kidney area and keeping breathing & loving the fear & the god in the void, competition anxiety is transformed into pure, raw chi - this is you being in your primal power
- To undo the trance of competition anxiety ask – “Could I let go of wanting to change this feeling of fear?” “Would I let go of wanting to change this feeling of fear?”
- When you’ve gone through that ritual the fear neutralises into pure energy



## **Psychology of Fear – Feeling Alive**

- Fear is an aspect of pure energy – when you love that, breathe with it, roll with it rather than push it away and subliminate it into anxiety, it gives you the juice to keep going/ compete
- Adopt the stance it's you who has generated all the conditions that you're perceiving as comprising your life, it's you who has created the horror story to be afraid of, to elicit the feeling of confectioned fear in your belly, because it's precisely that feeling of anxiety you need right now to make you feel alive



## **Psychology of Fear – Discipline**

- As soon as you acknowledge you have generated the confectioned fear to make you feel alive you stop doing it because it's obvious you don't need to generate that level of stress to make you feel alive
- The anxiety transforms into the raw, pure chi, into the raw, pure fear of death, the void, God – allow yourself to feel that, love it & you feel excited again instead
- This is a discipline – with practice it only needs to be done twice a day for increased energy so you can achieve more



## **Psychology of Fear** – Psycho-energetics

- Kidneys process fear, when there's nothing to feel real fear about, they are obliged to keep working
- Confected fear poisons the body, the kidneys process it and it weakens their chi
- When kidney chi drops anxiety arises of itself as a psycho-energetic state – the mind creates an imaginary cause, something to be anxious about that's plausible, an anxious state



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## **Psychology of Fear** – Psycho-energetics

- In an anxious state, the kidneys and adrenals contract further, increasing cortisol release, which is habit forming
- We keep producing horror movies in the head & the cycle spirals in the form of worry
- Creativity & a willingness/urge to collaborate & co-operate is the opposite of competition anxiety



## **Psychology of Fear** – Psycho-energetics

- Creativity & a willingness/urge to collaborate & co-operate with others is the opposite of competition anxiety
- Competitiveness is yang, creativity & collaboration are yin
- Creationalism/ creativity - creating an intention about what you actually want, regardless of others – rather than seeing yourself in a race, you see yourself in a state of infinite potential without competition anxiety blocking the flow

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## Psychology of Fear – Psycho-energetics

- A degree of competition anxiety is required to get you to focus, but once you've taken the juice from that you drop it & allow yourself to go into full creativity mode, rather than create an outcome you don't want by worrying about it
- Create your intention based on the assumption that as you create it internally you ordain it to create itself externally by way of the outside reflecting the inside – a position of power

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## **Psychology of Fear – Intention**

- Does not need to be specific – it can be as simple as intending to succeed in the grandest sense of enjoying every single moment of your life, yet having all the resources to facilitate such enjoyment
- Intend to succeed in the grandest sense in all aspects of your life easily, effortlessly, elegantly, enjoyably, effectively & excellently, regardless of what anyone else is doing, thinking, saying or has got or achieved

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## Psychology of Fear – University

- See this experience as a university course where you're obliged to take several modules (days)
- Look at what you learn each day – including the bad days – rather than racing against everyone else
- Delight in the rich, wonderful experience of the university course of life



## **Psychology of Fear – homework**

- What are your early memories of fearing for your own survival?
- When did you first feel poverty anxiety?
- What are your early memories of worrying about your security? Losing your freedom? When did you start fearing dependency?
- What are your early memories of annihilation of the human species, fearing global destruction, dying, the world coming to an end?
- When did you start feeling anxious about your health, feeling weak, becoming inert, lazy, useless?

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## **Psychology of Fear** – homework

- For each one – how did you deal with it, mask it, distract yourself, divert yourself from the sensation?



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Thanks for being here...

See you next week



Stephen Russell