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# Psychology of Fear

Session 5

Deprivation Anxiety

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## Welcome



Stephen Russell  
Barefoot Doctor



## **Psychology of Fear** – Deprivation Anxiety

- Fear of missing out, not getting the best on offer, that you'll go down the road and mess it all up, that you're missing a trick
- Fear of limiting or sabotaging yourself, being lazy, messing up opportunities, displacement anxiety (in the wrong place), making the wrong choices

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## Psychology of Fear – Fear Of Missing Out

- Baby reaching for its mother's nipple, mother tired and overwhelmed – her conflict transmits to the baby, moment of discord, baby can't get to the nipple – gets no milk, gets frustrated and cries, can't stop crying, gets no milk, is hungry & un-soothed
- Baby is wrapped up in melodrama of the universe closing in – feels as if it won't survive, if it can't suck, life is dangerous

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## Psychology of Fear – Primal Fear

- When the hunting party returns if you don't get food, you go hungry & possibly die – fear of missing out – crucial to survival - deeply wired in
- Greed – comes from fear of missing out (short term profit motive), people become ruthless to get what they want
- We spread and mitigate the risks of missing out – there's no actual imminent danger, but the fear is still running



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

- Kidneys process fear & turn it into fuel – processing fear even though there's nothing to be afraid of
- The mind creates horror movies in the front of the brain in which you perceive yourself as missing out, you become scared of what you see in your imagination as if it's happening externally
- Inconsequential things seem massively important at the time – you become envious, lose motivation, fear making wrong choices & missing out again – the cycle goes on & depletes your life force



## **Psychology of Fear – Weak Chi**

- Weakened kidney chi allows the liver to overheat & toxicity levels rise affecting the mind as well as the body, thoughts become toxic (leads to envy)
- Flat liver chi, flattens heart chi, you spirit becomes diminished & your sense of self worth and courage weaken
- When heart chi weakens, spleen chi becomes cold and damp – instead of thinking practically you worry (can't think straight)





## **Psychology of Fear – Weak Chi**

- When spleen chi weakens, lung chi weakens – lungs in charge of respiration, inspiration, so you feel uninspired and regretful
- This can be described as depression – created & categorised as an illness – missing out anxiety is at the root of it
- The real fear – biologically programmed in primordial fear is crucial to survival – the anxiety we transmute it into is counter productive





## **Psychology of Fear** – Dealing With Missing Out

- Differentiate between the front self drama & the back self stillness
- Sense organs face forward - we perceive reality as occurring in front of us rather than behind, to the sides, above or below
- We see a set of perceptions occurring which we interpret realistically but is not actually the external world, our perception of the external world is interesting, riveting, exciting, fascinating – there's movement, light, colour, power



## **Psychology of Fear** – Dealing With Missing Out

- Because it's riveting outside, we're pulled forward inside – we acquire the qualities of the front of the body – noisy, weak & vulnerable
- At a subconscious level we're processing all the information there ever was, is and will be - we resist (electrical resistance) information streaming in through the solar plexus on multiple levels
- At the heart level we close down a bit so our natural soul level love is not flowing, so we're self conscious rather than in flow



## **Psychology of Fear** – Dealing With Missing Out

- Causes the throat area to contract and inhibits our ability to communicate authentically with ourselves and others - removes us at soul level from the plane of reality
- Incessant internal dialogue in the front of the brain (evolved to discern/evaluate/interpret what the subconscious mind understood & so shape reality) – this has taken over – energy collects in the front of the brain, acceleration/intensification of internal dialogue - we think less clearly and less incisively



## **Psychology of Fear** – Dealing With Missing Out

- In the front of our bodies we become the noise of the conversation, the conflict in the solar plexus, the weakness of the muscles in the front of the body, the vulnerability of the front of the body
- We become the drama of who we think we are
- If you want power so you're not vanquished by events, sit in the back not the front, so you acquire the qualities in the back – strength, invulnerability (relatively), silence

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## **Psychology of Fear – Dealing With Missing Out**

- The back of you is where the background presence sits & observes – the aspect of your consciousness that has observed you since you were conceived, gasped your first breath, sucked & digested for the first time
- You are constant at your deepest level – the consciousness informing you doesn't fluctuate – primordial energy & consciousness informing matter from the subatomic realm (God/the Tao/the presence behind all reality) – the supra intelligent aspect of you sits in the back



## **Psychology of Fear** – Dealing With Missing Out

- Sitting in the back you have command of the front so when anxieties arise you observe anxiety about missing out occurring – this is a major part of the transformational process (anxiety to healthy fear)
- Sitting in the back, life will sort itself out when you intend it to do so – allow wu wei, the flow of effortless action to bring what you want to you





## **Psychology of Fear – Dealing With Missing Out**

- Drop into the back of you – breathe slowly, relax your muscles, expand your physical frame, relax your heart
- Exercise the awareness to notice anxiety & acknowledge it as something you've created based on an imaginary reason – acknowledging it dismantles the compulsive aspect of the anxiety
- Honour the actual fear errantly transmuted into anxiety – the fear of deprivation, beneath which is the fear of death, fear of the void/oblivion, fear of the multi-versal power – the Tao/ God





## **Psychology of Fear** – Dealing With Missing Out

- The ineffable fear is frightening - feel that primal fear of death, the void, the god in the void physically as tension in the belly, the tendency to hold the breath - feel the sensation without attaching it to the horror movies you habitually create in the front brain
- Let go of the tension, breathe the fear freely rather than be afraid, push it away, abstract it in your intellect, ride roughshod over someone else to get something you think will make up for the fear – breathe the fear, feel it until it transforms into chi you can ride on

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## **Psychology of Fear** – Dealing With Missing Out

- As soon as you allow yourself to love the fear you're feeling in your belly (rather than create chronic anxiety) it transforms into pure energy so you don't miss out on anything
- Remind yourself 'It's ok to feel afraid' – use it as an affirmation
- Run the sequence of 'Could I let go of wanting to change feeling this fear?' – 'Would I let go of wanting to change this fear?'

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## **Psychology of Fear** – Dealing With Missing Out

- Remind yourself that the levels of tension you're feeling in your belly, the conflicted sensation in the upper abdominal area/solar plexus you're feeling is created by no one else but you
- That level of tension is precisely the level of tension you need right now to make you feel alive – tune into it, acknowledge it's you – own up to it like a warrior – know you don't need that level of tension



## **Psychology of Fear** – Dealing With Missing Out

- Breathe with the fear from the back of you – love it, even the fear of dying, oblivion, the god inside the void
- That is the ultimate antidote to all anxiety
- Look at your eventual death – the void, the Tao in the void – love it all rather than fear it – love that you'll pass on, love that there's the void, love that there's the Tao informing the void – say 'Fear I love you'

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## **Psychology of Fear** – Dealing With Missing Out

- Remind yourself of the option of following the Tao, the Great Way of all things, universal intelligence, rather than following ‘rational thinking’ – the Tao is benign (it generates all life) so it will bring you the best possible at every turn, life will evolve with elegance when you let it
- The only choice to make is whether to relax and trust (enjoy the ride as the Tao delivers you to where you’re meant to be & delivers you what you need) or to resist it, doubt and dislike it

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## **Psychology of Fear – Dealing With Missing Out**

- The more you choose to relax and trust and enjoy the ride, the better things work out – the outside always reflects the inside, so sort out the inside
- Breathe as if directly into your kidneys – feel them in your back, feel as though you're breathing in and out through them – it makes them stronger & reduces anxiety in the body



## **Psychology of Fear** – Dealing With Missing Out

- Form an intention of how you wish to proceed from here – see all the abundant gifts life has to offer, there's nothing you can miss out on, you will always be repeat at every leg of the journey – emotionally, psychologically, philosophically, financially, personally, socially, professionally
- Along with that - you're always in a state of centredness, equipoise, clarity, focus & choose your mode – relax/resist, cheerful/miserable, bold/cowardly



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## **Psychology of Fear** – Dealing With Missing Out

- About those whom you imagine have the things you feel you're missing out on – philosophically – yin & yang are cyclical & control the movement of all phenomena in the manifest universe
- Whatever you manifest will always have two sides – the only place that will ever give you the satisfaction your soul craves is being in the back of you & loving being alive, which is already the prize – all other aspects of life are merely secondary to that



## **Psychology of Fear** – Dealing With Missing Out

- When you're afraid of missing out – be aware you're missing out on the dark as well as the light – give thanks
- When you can be thankful for what you perceive as your life, as it is, rather than as you imagine it should be, it tends to respond to you far more favourably as what you focus on grows
- This philosophical stance is only helpful/valid in light of doing all the above



## Psychology of Fear – In Summary

- Watch your mind – the ‘what ifs’ – drop back, acknowledge the fear, notice & get the message from the anxiety
- Make a note of anything practical you can use that information for, what can you do practically (to make sure you don’t miss out)
- Let the anxiety go – in it’s place breathe the real primal fear in & out of your kidneys/ belly – feel it as an energy that’s driving you now, from that place in the back of you, create the desired clear intention, ride the fear to your destination, relax and enjoy



## **Psychology of Fear** – homework

- Look at your fears around being abandoned – loneliness, unworthiness, fear of rejection by society/a friend, that you'll be betrayed, fear of intimacy, fear of not being good enough
- Note all the things you've done to avoid having that fear



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## Psychology of Fear

Thanks for being here...

See you next week



**Stephen Russell**