

Seeing Into the Circle of Fear Is the First Step Outside of It

There is no possibility of freeing ourselves from whatever we fear without first realizing that its cause can't be separated from any desire we have to escape it; where the more we imagine what we must have, or do, in order to escape our fears, the more identified—and attached—to them we become... ultimately creating, and unconsciously deepening our dependency on the very conditions we imagined had the power to set us free.

— Guy Finley