

See Through the Illusion of Fear and Be Set Free

Fear creates the illusion that lurking somewhere just “outside” of us—concealed in the shadow of some dreaded moment yet to come—dwells a “power” capable of diminishing us...if not extinguishing all we hope to become. And one painful part of this illusion—based on these assumptions—is this fairly constant, familiar sense of urgency we all know too well:

If we’re ever going to free ourselves from this fear—whatever its temporary form—then it is *we who must find a way to make ourselves more powerful than it*. Further still: we will never be at peace as long as it continues to prowl the corners of our life.

But, let us be clear: every last one of these assumptions, including the actions they pressure us to take...is a lie.

Whatever power fear holds over us is inseparable from the illusion that being afraid of dark moments is not just necessary; rather, it’s actually part of the process of dealing with them. If nothing else, never forget the following: *there is no power in fear*.

In spite of all appearances to the contrary, fear never appears to help us, rather only to convince us that its cause rests outside of—as in separate from—the lower level of consciousness incapable of seeing the moment in any other way. The fact is, no psychological fear exists apart from the false self that *needs things to fear in order to make itself feel real*.

— Guy Finley