

An Easy Way to Identify and Clear Your Fears 8/25/10

Believe it or not, there are only two ways a human being, who is still caught in the grips his or her ego, can operate. We either 'desire' something, or we fear it. We either 'want it' or we 'don't want it'. This Ascension Teaching will help us clear even more of our fears, so we can discover our true brilliance.

Some of these fears have been 'installed' in human collective consciousness for obvious reasons, like the concept of 'Original Sin.' (This Teaching is a continuation of "Lions and Tigers, and Bears of 5/23/2010.)

Augustine, and early Church patriarch, who is depicted as an elder white man, when in fact, he was a well-known hedonistic man of color from Africa. I am only mentioning that he was a 'man of color', to show that the Church has intentionally depicted him as a white man for obvious reasons; to give him what they perhaps believe is more credibility. They even depict god as an elder white male.

Augustine's own self-hatred preceded the formation of this concept. Perhaps 'he' thought he was evil, so therefore, 'everyone' is inherently evil. Of course, the early opportunistic Church grabbed on to this idea for obvious reasons. Anything to control the people. Ah, but what better way to control the people than to make them believe that they are inherently evil? With this concept of our being inherently evil, the only salvation that is offered, is from the Church. How ingeniously evil is that?

The first fear we will address and clear in this Teaching, is the 'belief we are evil.' If we believe we are evil, even on a subconscious level, we will stifle ourselves endlessly, and we will punish ourselves endlessly, without even consciously knowing why.

After we have cleared this all-encompassing fear, we will continue on clear our personal fears.

First, you will want to get your pendulum, (See The Pendulum Teaching for instructions on how to use one.), or use your own method of muscle-testing.

Ask your pendulum, "I believe I am evil." Yes, or No?

See what your answer is. If it is 'no', than skip this little exercise, but if it is 'yes' you will want to take a strong magnet, (a refrigerator magnet will do,) and run the magnet from the top of your forehead, up over the top of your head, and down the back of your head to your neck. As you run the magnet over your head, you will be repeating the phrase "I am evil." with the intention of clearing the negative belief. Do this in repetitions of 10 until you test that this negative belief has been cleared in you.

Once this debilitating belief is cleared, you will notice a positive change in yourself almost immediately. Clearing *any* major negative belief will drastically improve your life.

It takes an incredible amount of energy to maintain our fears, and our fears will also hamper or completely halt the development of our potential as human/spiritual Beings. The good news is that we can clear ALL of our fears easily and effectively regardless of their origin.

Disclaimer: If you have had any serious emotional and/or physical trauma during your life, please do not attempt any of these exercises without the supervision of a proper licensed medical therapist. Also, if you feel unusually uncomfortable doing any of these exercises, stop them until you get proper licensed medical assistance.

First you will want to use your pendulum to get an 'ok', or a 'yes' as to whether or not you should do the following exercises.

Now, let's do a brief meditation to help uncover our fears...

Meditation:

Take a pad and pen with you and,
Get into your favorite meditation position...
Place a bubble of protective light (your choice of color) around you.
Ask your Higher Self and Guides for assistance in retrieving your fears in a gentle manner...
Breathe deep, relax and get comfortable.
Find that 'sweet spot' in your consciousness.
After a few minutes, start repeating the statement, "I am afraid of _____" in your mind or out loud. Feel into this...
As you repeat this statement, notice where you feel the sensation of fear in your body.
Also notice if any memories come up for you.
Make a physical note of your fears, so you can clear them later.
Come out of your meditation when you feel ready.
Ground yourself and continue with your day.
Repeat this exercise as often as needed.

Keep your answers for later use.

Non-Dominant Hand Writing:

Another tool you can use to uncover your fears is Non-dominant handwriting. *It's a right/left brain exercise that will help you see what is hidden in your subconscious memory banks.*

This will take approximately a half and hour or more.
Sit in a beautiful quiet place with a pad of paper and a pen.

Relax, and with your **dominant** hand write the statement, “I am afraid of _____.”

Don't fill in the blank just yet.

Switch the pen to your **non-dominant** hand, relax and repeat the statement in your head, “I am afraid of _____”, then write down the fears that come to you.

Take your time with this.

If no answers come, repeat the exercise later.

Don't worry what your handwriting looks like... just do it slowly enough to be able to read your answers when you are done with this exercise.

Repeat the above sequence however many times you feel necessary.

With this little exercise you are accessing different parts of your brain, and what is revealed might surprise you.

Keep your answers for later use.

In this next exercise you will go through each of the following fears with your pendulum to see if you have any of them in your subconscious mind. Check mark each fear that you need to clear, so you can go back later and clear them with your magnet.

When you have completed the list of the statements/fears that need to be cleared, take your magnet and run your magnet from the top of your forehead, back over the top of your head, then down to the bottom of your neck on your back. Each time you run the magnet, you will be saying out loud or in your head, “Clear my fear of God”, or simply keep the intention of clearing your fear in your attention, and simply say the word ‘God’ while you use the magnet. Do this process for each of your fears.

(You can also use EFT – The Emotional Freedom Technique to clear your fears. If you don't know about EFT, check it out on the Internet. <http://www.emofree.com/>)

After a few repetitions with the magnet, dowse with your pendulum to see if you have cleared the fear. If it is not yet clear, just repeat the magnet work in repetitions of 10 until you clear it. (Note: Some fears may take hundreds of passes with the magnet to clear and this is not unusual.)

After you have cleared the fears you have in the following list, go back to your list of fears from the first and second exercises, and clear them also with the same magnet method.

The many faces of ‘not feeling safe’, will be addressed in the following list of fears.

List of Fears

Please get permission from your pendulum first, before you attempt to do this exercise, and stop this exercise if you start to feel uncomfortable, then seek licensed medical assistance immediately.

Home is not safe.

I am afraid of God.

God is not safe.

'Out there' is not safe.

It is not safe to be touched. (This fear will hamper our sexual relationships.)

I am afraid of being touched.

Walking on the sidewalk is not safe.

Driving a car is not safe.

Being in traffic is not safe.

Work is not safe.

My work environment is not safe.

My co-workers are not safe.

Crowds are not safe.

People are not safe.

Men are not safe.

Women are not safe.

I am not safe.

School is not safe.

My classmates are not safe.

My friends are not safe.

My husband is not safe.

My wife is not safe.

It is not safe being married. (Some of our fears come from past life experiences.)

My boyfriend is not safe.

My girlfriend is not safe.

My Dad is not safe.

My Mom is not safe.

My sister is not safe.

My brother is not safe.

I am afraid of men.

I am afraid of women.

_____ (Name) is not safe.

Flying is not safe.

Being up high is not safe.

Being underground is not safe.

Being on the water is not safe.

Being in a boat is not safe.

Elevators are not safe.

Being outspoken is not safe.

To rock the boat is not safe.

Speaking my truth is not safe.

Note: Clearing our many fears does not take away our conscious recognition of danger when it does appear.

Pendulum each of these statements to see which one you need to clear and use your magnet as explained above to clear them.

Then get permission to clear each and every statement you find you need to clear.

Note that you may bring up subconscious memories that you were previously unaware of. Proceed with caution. Ask your Higher Self to assist you at all times.

This is only a partial list of things that make us feel unsafe. It is partial for a reason. We don't want to push ourselves and clear too much, too fast. You can, from time to time when you feel ready, come back to this particular Teaching, and bring up more of your own fears into your conscious awareness, so you can clear them.

This work is not easy, but it is extremely worthwhile for your Ascension Process to clear the fears, conscious and subconscious that could hold you back. Remember to use the 'outside' as a mirror of what is going on 'inside' of you. For instance, "They hate me", will be evidence of "I hate me." and so forth.

I salute your courage and your determination to live your life free from fear.

Much love and many blessings,

Amara

(Universal Copyright: All/any of the material in these Teachings, may be copied and distributed as long as full credit is given to Amara Mahdhuri of www.bluestarbornhealer.com)

Your donations and comments are appreciated.