

3 Steps to Release Fears by Maya Vidhyadharan

Fear is the way we stop ourselves from evolving to the highest level emotionally, spiritually, financially, and physically.

Fear is a powerful emotion that can manifest the thing we fear if we put enough energy into that emotion. The world is busy running away from fear, as a result of which the fear gains strength over time. This denial of our fear causes us to have some form of coping, resulting in addictions and distractions in life. **We no longer want to live in the present moment, since the present truth is our unresolved fear.** Remember, in order for us to be happy and manifest abundance in our lives, we need to embrace the present moment and consciously bring forth the healing power and creative power within us.

We are built to self heal when we stop running away from fear.

What causes fear?

1. **Fear is the reaction to a past painful situation being triggered.** Somehow, the unconscious mind feels the same painful incident will reoccur again, hence raises the fear banner even in harmless situations. This is because the unconscious mind does not have the logical thinking of 'that was then, and this is now'. Also there is a belief we can't face fear and master it. If we have allowed the unconscious to lead our life instead of our truth, we will have continue to have fear, until we release it.
2. The self has forgotten we are part of the Great Creator and we don't have to struggle to manifest anything we desire. If we lived in truth every moment, the truth within our being will see the fear face on, understand the underlying lesson, master it and release the fear. That is truly when we start waking the path of self mastery and we start embracing the powerful being we are. We have the power of the Creator to create all that we desire.

Here are some examples of fear based actions:

1. Fear is what causes the media to thrive on drama, since if they dropped the drama and acted from truth and gave the public truth based news and program to empower humans, their ratings will get dropped.
2. Leaders not admitting they made a mistake is due to fear of being judged, fear of losing their credibility. In truth a person is respected when they admit they made a mistake. People can easily trust the person who is humble and truthful.
3. Fear is what causes us to stay in an unhappy relationship. We fear we can't live alone. We fear we can't have what we really desire in a partner. We fear we will be a failure after a divorce
4. Fear is what causes companies to pay their employees less and demand more work. Greed is caused by fear of scarcity, and not having the right priorities in life – e.g., We value money and possessions more than truth, compassion, service. If this delusion is truly seen with great clarity,

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we might see the areas needing improvement within. Then the courageous one amongst us, will start finding their truth, while those in denial will continue to practice greed.

5. Fear of commitment. Maybe we were hurt in the past, so we avoid committing to partners, friends, work. There is always a wall blocking intimacy.
6. Addictions, overeating, over consumption have fear of looking deep into the unresolved emotions. This is escapism. We can only eat so much and one day, through grace, either we have a setback where we are made to stop eating and look within and start the healing. Remember, **we are built to self heal when we stop running away from fear.**
7. Fear causes a controlling person to control people and situations. What will happen if they released the grip on “how things should be”? Failure scares the controller.
8. Fear is what causes the victim to play the role of not having power. Fear of being hurt. Fear of being alone. Fear of not being heard.
9. Fear is what causes us to not see our shadow self - our arrogance, neediness, fear of intimacy, our lack consciousness, lack of forgiveness, fear of abandonment, fear of loss, our lack of boundaries.
10. **Fear prevents us from living in truth. Not living in truth prevents us from healing all areas of our life.**

Steps to Release Fear

Step 1: Allow the fear to exist.

We cannot release something we don't feel 100%. Welcome the fear and allow it to rest in our body. You can set the intention to allow fear by affirming “ *I am ready to see my fears and release it. Thank you God for this. So be it* “. Get a reality check by writing a long letter to yourself on the negative impact of not living in truth from childhood to present. **Did the denial of fear give you any happiness? Did you feel worthy within, did you feel like you can handle anything life gave you?**

Step 2: Understand the reason for the fear and release it from the unconscious mind.

The unconscious mind is the layer between the conscious mind and the higher self. The unconscious mind carries fears and limiting beliefs from all the lifetimes. So our “truth” is as good as the ego mastery work we have done on our self, because our higher truth gets filtered by the unconscious mind before informing the conscious mind.

E.g. If the unconscious mind has a belief that it HAS to have all the right answers all the time, and not knowing the answer or being a humble student means “ not capable” or “loss of power” or “will be harmed by another”, then arrogance is the result. It will prevent new knowledge and teachings from the partner, friend, hair stylist, or the person bagging the grocery. The unconscious protects us, in ignorance, by preventing growth. This results in being stuck in the “same-ol” pattern for years! Then we wonder why we are never happy!

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Refer to Chapter 3 of the book *The Power of Illusion* on methods to communicate with the unconscious mind. Release the fear by reprogramming the unconscious with positive ideas.

Example:

My fear of running out of money, prevented me from doing service work for the poor.

Here is how we can communicate with the unconscious mind. The conscious mind writes to the unconscious mind using the dominant hand. The unconscious mind responds using the non dominant hand.

Dear Unconscious mind,

I noticed you were not willing to giving some of our money and our time to help another. May I know the reason for this?

Allow the unconscious to respond using the less dominant hand, for me this is the left hand.

I give a lot and don't get anything in return. I don't have a balance in giving and receiving

If I give the money away, I will not have anything for myself.

Allow the conscious mind to respond using the dominant hand, for me this is the right hand.

Dear one, I agree we don't have a balance in giving and receiving. We give a lot and do not receive much. As a result we invite people in our lives who take from us and leave us feeling empty. What is your fear in receiving?

Allow the unconscious to respond using the less dominant hand.

The reason for my fear of receiving is, if I receive I will be obligated to the person and they will take advantage of me and step into my boundaries. I experience this a lot in my life. Also, I don't want to inconvenience the person by taking from them what they offer, and that may result in the friendship getting broken.

Allow the conscious mind to respond and reprogram the unconscious mind.

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Dear one, we give a lot to the world and we need to receive equally because in illusion, when there is a balance in giving and receiving, we keep getting more. The flow is equal and balanced so we get the opportunity to give and receive more. This will fill our heart with joy.

Also, when we do service it needs to be done in total giving without any expectation. If we have neediness and want it to be returned, we truly are not doing the service our soul desires. When we can serve without expectation, the power behind our service can heal the world. We also build up our positive karma bank, which is a good thing, as our dreams manifest quicker with more good karma.

Please let go of all feeling of lack. In illusion we create our reality by the power of our thoughts and emotions. So, we don't want to have negative thoughts. Lack consciousness gives more and more lack in all levels, including lack of love, lack of good health, lack of money, lack of opportunities, lack of happiness. On the contrary, abundance gives us more of EVERYTHING!

Are you in agreement with all of the above?

Allow the unconscious to respond using the less dominant hand.

Yes.

Allow the conscious mind to respond

Are you ready to release all these beliefs and fears as it is not serving our highest purpose?

Allow the unconscious to respond using the less dominant hand.

Yes.

Allow the conscious mind to respond

Thank you dear one. So be it.

Then tear /shred/burn the paper while asking the Creator to take it away from you. Do this with love. *"Father please take this back to the light so I do not manifest it again in my life. Thank you Father for this. So be it".*

This process starts the release of the fear; the fearful thoughts may come up in upcoming days, bless the thought and release it by saying the above prayer.

This literally moves the energy that is stuck within the body back to the source. This method of communicating with the unconscious mind is POWERFUL! I have released my fear of not being heard, fear of asking for what I desire, fear of admitting I don't know the answer, arrogance, addiction to chocolate, neediness, Graves Disease and more.

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Step 3: Repeat steps 1 and 2 every time a fear comes up. By this process it is easier to live in truth every moment of our life. Then the magic happens! Not only do we have good karma, we evolve to higher dimensions and no longer face the challenges of third. I promise if the work is done sincerely every day, our life will TRANSFORM and bring to us more love, more money, more play, more joy, more fulfillment at work, good health, and wonderful friends. **We ask and it is truly given**

FEAR = Feel Emotions And Release.