

## Does Fear Have You?

What is fear? The way I define fear is a lack of trust in the future. You decide about the future based on what you know about the past. If you have experienced failure a lot, chances are that you will fear failing again. But an interesting thing happens. Humans are creatures of patterns. You are more comfortable with the known factor of failure than you are with the unknown factor of success because in your past experience you have failed, so in your mind, having success means postponing the pain of failure so you go ahead and set yourself up for failure as soon as possible. This way you get it over with, but you also cement into your experience that you are right about failure and your fear level increases. This is a “positive feedback loop”. The word positive is not used to mean good, but rather perpetual, much like a medical test coming back positive, but that is not a good thing.

Your thoughts flow like streaming water through a very predictable set of patterns that create positive feedback loops; they self-perpetuate in specific patterns, or cycles. A “negative feedback loop” works to interrupt the positive loop, much like placing a flat object in the middle of streaming water, causing the loop to change direction. You possess the power of free-will and that free-will can be used to change directions in your loops.

In Western Culture, most of you have not been taught that there are alternate ways to view life events let alone how to manipulate your thought loops in ways that benefit you. Have you ever noticed that the more you think about the things that you are afraid of, the more intense the fear becomes? If you haven't, I recommend that you take notice. If you have, then you understand about your thoughts creating positive feedback loops. The more you think of what you fear, the more powerful your fear becomes because the energy of fear is feeding back on itself making it stronger. This phenomenon has to do with people belonging to the energy of physics. You have no choice but to participate in the energy system that creates our physical world, but you do have a choice about which part of it you participate in. You just need the information to help you make that choice.

Although the physical world is polarized, meaning black : white, hot : cold, up : down etc., there are usually three options to be had when choosing a path, or feedback

loop. The reason there are three choices is because the middle is part of the choice. Black and white also contains grey, hot and cold contain body temperature (neutral from your perspective) etc. So what does this mean for the feedback loops of your thoughts?

If you can choose fear, then there are still two other options that you might want to know about. Since fear is based on the unknown future, then one option is to focus your thoughts on the present moment. Are you ok right now? Are you alive? Even if you are hungry, in the cold, sick or even dying, your fear is based on the future unknown. One choice is to stay present, which is the same as saying stay neutral.

The next option is to go the other end of the spectrum and experience love. You may ask, “How can I possibly do that when my life is falling apart?” Some of you have the capacity to see your life falling apart as a good thing. You may understand that things have to fall apart in order to be rebuilt anew. There may be your dream life waiting on the other end of hard times. You never know.

Some of you can go to the love side of perception and hold it. Some of you can go to the love side for glimpses of relief, and some of you can't get there at all. That's all ok. You don't have to go that far. In the middle is perfect. Actually, in the middle is the easiest one to hold. The reason for that is if you go to the complete opposite end of the spectrum and try to find love (something the new age community is highly guilty of), you have to pay an energy cost. The energetic world, to which everyone belongs, requires balance. If you try to go from fear to love, you've just set yourself to go back to fear again in order for energies to find balance.

What does this mean for your feedback loops? If you have a positive feedback loop designed in fear, then you will need to go to the middle option as a negative feedback step. Going to the middle is change enough. Going to the opposite end puts too much 'spin' on the energy of the positive loop and creates chaos, much like a whirling tornado. Going to the middle allows the spin of the positive feedback loop to slow down and get still. You need to hold it there for a good while before you try creating a love-based loop.

The neutral patterned positive feedback loop is in my view, the ideal thought system to have. You've heard about the masters who seek to have nothing in their minds. Being neutral is how that is achieved. Obviously you can't be neutral all the time because our

society isn't set up for that, but you can start practicing so you can decide if it's where you want to live for a while.

What does neutral look like? It looks like letting go of wanting; it looks like trusting that everything is in right order because God, or those higher than you, have it all under control and they have no desire to hurt you; it looks like stopping your fearful thoughts by occupying your mind with other things.

You have three parts to you too. You have Ego, Spirit and Divinity. The Ego part is familiar to most of you. The Spirit part is the one that wants to feel love and positive all the time, which in my opinion is unrealistic at this point in our evolution. The Divine part is in the middle. Divinity resides in neutrality. Fear resides in Ego. Love resides in Spirit. Use the three parts together to change your thought loops. Don't go so far that you can't remain where you want to be. There is always a middle.