

The Cycle of Fear: influences all parts of our lives and yet it is rooted in an amazingly simple dynamic. When we feel fear, we are either remembering or subconsciously referring to some past experience of pain, loss or trauma we have previously recorded in our memories or felt. Essentially we are referring to a recorded simulacrum of some sort, often that we do not want to consciously address and resolve. We may also be referring to a story we have been told in the past of some potentially painful situation that we could experience in the future. We can also “learn to react in fear” by copying our parent’s fear reactive tendencies and fear projection tendencies or those of our society. We then imagine and project onto our mind’s eye a picture or a movie of some similar experience or some version of that old painful experience we remember, that we then assume could occur in our future, (either to us or to someone we care about). We then see this projected picture or movie in our mind’s eye as if it were an **external physical reality** and react to it with fear. This whole process often occurs subconsciously; still we feel the reactive feeling of fear, anxiety or stress when it is triggered. Therefore, fear is a repetitive cycle, that is constantly being retriggered and reinforced by life experience.

In situations where our fears are completely subconscious, they can affect our behavior and decision-making without our realizing it is occurring, and thereby keep our lives constrained, busy and limited in the process of fear avoidance. In this type of situation our conscious mind remains unaware of our fear, and we may even tell ourselves that we feel no fear at all, while our actual behavior changes to avoid what we fear and imagine. This situation can be seen when we are consistently worrying, or feeling stressed or anxious, and we do not recognize these as manifestations of unresolved fear. It can also occur when we are stuck in a supposed comfort zone. Comfort zones are often a state of being imprisoned by our projected fears of potential problems related to changing our lives for the better. When we feel fear we generally tend to either deny it, suppress it, avoid it or rationalize it, we do anything other than dealing with fear effectively and transcending it.

When we feel fearful, anxious or stressed these feelings are often associated with situations of perceived uncertainty. Whether it is uncertainty about what we “should do” or what the right thing to do is in any given situation, or the uncertainty about what is likely to happen in our lives in the future or in the world. Therefore, we can feel fear regarding change of all kinds (even positive change), new or unknown situations, and any undefined situation we are faced with. Oddly enough we can also feel fear when we have a high degree of certainty that something that we don’t want to happen is going to happen, such as the likely life changes that a divorce that we are in the process of completing will bring. So, attaining certainty in our lives in general is not always a solution or antidote to fear or stress.

When we fear, we imagine potential negative futures. We are creating within our mind a vision or “holographic projection” of a future that we fear could happen and question our capacity to deal with. When we look at the visions which we have created in our mind’s eye, our body reacts with fear, because our subconscious literally does not know that the vision it is looking at is not an external reality. Therefore, our bodies go into biological fight or flight mode and we physically stress or feel anxious over what we imagine. Our subconscious does not realize that what we are projecting is not actually happening, and that it is not a physical real world reality in our outside world. Many of us spend our lives reactively imagining things to fear (many people call this process of worry thinking), and then we work diligently to avoid that which we fear, when there is no reality to it at all. Some people see this non-optimal way of processing our lives as an expression of wisdom or intelligence.

This process of fear projection onto our lives is the cause of our physical stress reactions when we are afraid in any social or family situation, even if we do not understand exactly what it is that we are fearing in the moment. Because we physically feel something chemically happening inside our body we subconsciously believe that something “real and potentially threatening” must be happening outside of ourselves. Our subconscious actually believes that what we fearfully project in our mind’s eye could happen or in a way “is

happening”, because it is seeing it happen in our minds. This projection process, and our emotional and biological reaction to it, tend to go on and on unnecessarily, and endlessly. Still it can all be transcended with enough effort and self-awareness.

It is also useful to realize that all of our negative emotions (anger, hatred, guilt, jealousy, etc.) originally stem from fear, and that they are just surface manifestations of deeper un-faced and unresolved fears. This fear reaction process and its associated negative emotions are fully transcendable via various methods, one of which is shown in Chapter 11 of this book and which is continued in **Appendix 1**. These fear reactions are the driving forces for all the safety, control and competitive strategies that we apply to our lives and relationships, which we will discuss later in more detail.

All our fears are reactions to interpretations of situations. They are all reactive fears that stem from recorded simulacra, therefore none of them are reactions to a clear perception of the present moment. We have all recorded thousands of simulacra in our systems. Several of these simulacra can be triggered simultaneously, without our realizing it, leading to confusion, anxiety, stress and fear. None of these simulacra serve us optimally, thus clearing them from our systems is required if we want to transcend fear and all its associated dynamics.

Fears keep us focused on our projections of non-optimal negative potential futures, rather than supporting us in focusing on creating and producing positive optimal futures. Therefore, fears are all detrimental distractions from progress of all kinds. In our current time of rapid change, many unknowns and significant uncertainty, many of us have multiple simulacra being constantly triggered into states of fear stress. Part of this is due to the beliefs contained in the simulacra being challenged as to their truth or usefulness. Just the increase in complexity of life itself also triggers many simulacra. This fear stress is a necessary result of the current process of rapid evolution, learning and increasing complexity of the humanity species.

Note: All fear is driven only by imagination rather than accurate understanding, as is demonstrated in the following scenario. If you were being chased by a tiger through the woods and it was ten seconds behind you, you would not be afraid of the tiger at all, you would only be afraid of what you imagine the tiger might do if it caught you ten seconds in the future. It might turn out to be a tame tiger that just wants to play with you, or a hunter might suddenly shoot it, you cannot know for sure what the future will hold. That said, your fear may not allow you to find out the truth of the situation if you act only upon it blindly. Fear detrimentally distorts all interpretations of our experiences and takes over our consciousness, our capacity for compassion and our decision-making when it is triggered. We cannot arrive at wise decisions based upon the information created from or colored by fear. All forms of prejudice, bias, nationalism, exclusionary decision-making, hatred and distrust stem from fear. Only if we rise above fear do we become able to operate from love.