

# Escape From Fear

Loretta M. Siani, Ph.D.

What's happening inside your head right at this moment? Are you thinking fearful, worrisome thoughts? If you are, realize, that every thought you have is having an impact on your body and ultimately on your life.

When our thoughts have an emotional charge connected to them scientific instruments could actually measure some rather dramatic changes going on inside the body. If we paid attention, perhaps we would notice tension in the jaw, a tightening in the chest, or even hear a strain in the voice as the body experiences the emotional charge. When we have fearful thoughts and immediately dismiss them, the bodily reaction is slight. But imagine what the bodily reaction is when we dwell on our fears over and over again?

Why do we hang on to our fears in this way? Do we think that they somehow protect us? Nothing could be further from the truth. Fear wreaks havoc on mind, body and spirit. It impedes digestion, increases blood pressure and muscle tension. It hampers reproduction and tissue repair. It interferes with the immune system, and robs us of inspiration. The ironic thing is that fear is something that we have completely made up. It isn't real. It exists only in the mind. It is nothing more than the imagination run amok.

We aren't born with fear. We're born with a drive for self-preservation. When we extend this drive to include protection of our ego and its needs, such as our reputation, status, and the things that we identify with in life, we create fear. Fear always involves the ego. Self-preservation involves accessing inner resources to take care of the body in a life-threatening situation. For example, if you've ever been involved in a car accident, or a similar emergency, your familiar with what the state of self-preservation feels like. There's that experience of intense, focused concentration where time seems to stand still. Things move in slow motion as we witness the events and decide on the right course of action to take in the midst of danger. It isn't until AFTER the fact that we feel "fear" as our minds begin imagining all that "could have happened."

So, fear is a fantasy. It projects our fantasy onto the future. When we do this we are actually practicing for disasters to come about, and not in a useful, positive way but in a way that becomes a self-fulfilling prophecy. Think what happens when we focus on fearful thoughts before giving a talk or presentation. We put our focus on all the things we imagine might go wrong. "I might forget everything." "They may not like me". "I might make a fool of myself". We pour over our fears with a magnifying glass. Then we step out onto the stage and discover how we have hypnotized ourselves into making our fears come true?

The truth is, fear is a lie. It doesn't protect us. It has no value what so ever. All it does is obscure our mental powers, hinder our memory, afflict our bodies and cut us off from our own inner wisdom. We can learn the skill of being in command of our fearful thoughts. We can open ourselves up to experience increased mental powers, razor-sharp memories and readily available intuition and creativity. How can we do this?

The “how to” of escape from fear, lies in the regular practice of deep, focused concentration otherwise known as meditation. In the higher realm of awareness produced by meditation we discover that we can choose peace instead of fear and be free of all our self-doubts, worries, should’s and judgments.

In this higher realm of awareness our minds are able to synthesize information and deliver up to us a new perspective on things. It is here in this realm where we connect with our intuition and creativity; answers come to us regarding our fears as we learn how to transcend our environment. In the deep inner peace of this realm of awareness we learn that love is the only reality and that we come from this same love. It is here in this realm where we gain mastery over our minds and learn that we are not our thoughts, we are the ones choosing our thoughts; where we see the just right move to make in our business; where the just right treatment for our illness becomes clear to us; where we begin to unravel the mystery of how to make our lives work for us; it is here that our purpose in life finally becomes clear to us; In the deep stillness of our minds we realize the truth of our unstoppable confidence and our absolute fearlessness in the face of any and all challenges.

This is the miracle of meditation and the path to escape from fear.. Unfortunately, one can’t just take my word for it that this miracle is true. I’m not even asking anyone to take my word for it. This is something one must discover for themselves. However, what I am asking you to do is consider what would happen if you suddenly shifted from a fear-based focus in life to a knowing that you are unlimited in your capabilities and that you actually create your own reality. This is the promise of meditation that releases you from fear. I know that some of you will automatically reject this promise, shrugging it off as just another inane “positive thinking” approach to life. I respect your opinion and simply invite you to take this idea of meditation and experiment with it. See if you can make it work in your own life.

So now, what’s happening inside your head right at this moment? Are you thinking fearful, worrisome thoughts? If you are, realize, that every thought you have is having an impact on your body and ultimately on your life. Meditate on this.