

Fear

The pocketbook of life

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What is fear?

Fear is the opposite side of love. Fear originates when love is not present in the environment. It is the absence of truth. It is there because there is ignorance in the knowledge of the truth. Fear is the feeling of insecurity

the result of living
from a mind base.
Fear is living from a
place of uncertainty
and not trusting life.
We all have fear, and
we can release it to
an extent that it will
lighten us and bring
more love into our
hearts. We do not
have to sit with it

forever, it can be
irradicated one by
one. Easier said than
done.... We can start
the process of
deliberately releasing
them and see the
miracle we are inside
our hearts, minds and
bodies.

Why do we feel fear?

We feel fear due to

- a- We have inherited fear from our parents and ancestors.
- b- We have accumulated fears during our lifetime from our environment

e.g., the media,
friends and family.

c- We pick it up
from places where
it lingers in the air
where people
have left that
signature feeling
around due to
unwanted
incidences.

What can we do about it?

We can release them.
We do not have to
carry it inside us. We
can let it go and not
let it rule our lives.

We can also
empower ourselves
from inside our soul
and not be a match to
it.

Is it possible to
release all fears?

For now, not
completely but a
significant amount
yes. We can release
so much of it as to so
that we appear to be
fearless to the world
and ourselves.

Is it healthy to release
a lot of fears?

Yes... The less fear we
have the more
confidence in life we
have. The more risk
we take and the more
happiness we gain.

But are risks healthy?

Yes, they are healthy if we have confidence. It goes hand in hand. Fear will cripple us and releasing fear will move us to be creative.

How do we release the fears?

We release fears by
feeling them. The
more we feel them
the more we release.
But there is a way to
feel them.

It must be felt
without prejudice.
Without judging it.
Means it needs to be

accepted by the mind
that... it... is... what...
it... is... and be felt in
its purity.

That is almost
impossible, how can
we do that?

We can do that one
feeling at a time. One
moment at a time.
The biggest obstacle
is our mind, so we
must first and
foremost understand
the concept and then
experiment with it.

We do it naturally all the time, some more than others. It is a natural process, nothing new to learn.... only some things to unlearn.

Acceptance is the key here. All things need to be accepted by the mind and then felt. In fact, it happens

simultaneously.

Because we do not accept reality, we also do not feel it and we get caught up in this vicious cycle of ruminating in it.

What is this reality?

The reality of any situation is the truth of the feeling. If we feel sad the reality, is we feel sad. It needs to be accepted that we are sad. Not try to distract ourselves which is what we normally do. So much so that we don't even

know when sadness
strikes, we
automatically divert
without
acknowledging that
we are sad.

**But doesn't feeling
sad make us sadder?**

That seems the
logic.... human logic!

What is Human logic?

Human logic is based on the five senses.

What we see, touch, hear, smell and taste.

We are working from emotions here and these are feelings that are not restricted only in these senses.

So even if logically it seems that feeling

sad will make us
sadder...it will not...
IF... one doesn't form
an opinion about it
and create a story
around it.

Life is far beyond
these senses...and so
are our feelings.

The real logic is if one
feels sad... then feel

sad, why would one
try to feel otherwise?

To end the sadness....

But does it end?

No, it doesn't...why?

Because we are not
accepting the truth...

The truth is that
sadness is inside us
and we must clean it
or release it outside

us for the sadness to
end. This is real logic.

Gods' logic.

The logic on which
this universe is based
on.

Well sometimes the
sadness seems to
end...

It seems... because
one is hiding it from
resurfacing and thinks
that it's gone. If one
can think about it and
feel nothing... or feel

easy to talk about it
like it's a story of
someone else's life...
then it is released.

**But I am afraid to feel
it...**

And not feeling it will
exacerbate the fear in
the future... which
one is preferable?

It seems hard at first to accept and feel the dark emotions inside us, but with strategic reasoning and guidance and consistency one can start looking at the dark emotions in the eye...one by one and clean them or release them. After a while

one can feel so strong emotionally that one can face even darker emotions and be ready to face them and triumph. And they do...without a doubt.

It sounds simple but it
is not easy to feel
pain...

It will get easier if we
understand the
process of it all. At
the moment because
it is painful, we
automatically avoid it
because this is what
we have trained
ourselves to do since

we were little. When we were little, we did not mentally understand the, what and why of things so we needed protection, but it is a double-edged sword. It protected us for a while but made us lazy and dependent on things that bring

us temporary
pleasure. When we
become adults and if
we reason it now
'logically' ... we would
see that somethings
are not quite right in
the way we function.
Little by little we can
undo that fear and
start to face them
and release them. It is

a process that one
will use it eternally...
not only in this
lifetime...

What do you mean
eternally?

We are eternal
beings. We never
cease to exist. It is
not going to sound
true now because we
are conditioned to
end things one day. In
time we will come to
understand better.

So, what about death?

Well, it doesn't exist in the way we think about it.

In the so-called death we just separate from our physical form and exist in our spirit form which continues...like forever.

What if I don't
believe in life after
death?

Still the feelings in
this moment matter.
Whether one 'feels'
now to improve their
current life
experience or to
improve their eternal
life... it is the same
process.

Is it important to
believe in life after
death?

No... What one
believes or not
depends on the
emotional
information one
carries inside them
from their life
education. While one
releases the

unwanted emotions...
slowly and steadily
one will improvise in
all the things they
think and believe.

So, if I have inherited
fears from
everywhere that still
exist, how will I know
that I am releasing
some of it?

One will look at the
fear in the eye and
see the reality of that
fear. The reality is
that it is an
experience from our

past that has come
back to haunt us...
and if we have
released it... then it
exists just as a
memory... and not a
bad feeling.

How do I know that
the fear will subside if
I release it?

The proof of the
pudding is in the
eating. One can
experiment with it.

If we don't
experiment with our
emotions, we will
become stagnant.
The moment we start

releasing bad feeling
emotions the velocity
of things we do and
the life around us will
start to gain positive
momentum and we
will see that we are in
a joyous ride.... Even
when we are still
releasing negative
emotions from time
to time...

Is there another way?

No...

All roads lead to

Rome...

We all die physically...

We all thrive in love...

We all have good
days and bad days...

We must feel our
feelings...

If we want to thrive!

I think I already feel
my feelings...

But not enough...

Yes, it is a default
mode God has
instilled in us, so we
do not die sooner.

We automatically
release bad
emotions, especially
babies and children
to some extent, but

we are quickly trained by society (movies and the media play a big part) to keep the negative emotions in check as it destroys things. That is true if it is not processed... which is the case in our world today. It must be processed in isolation in the

comfort of our home
with a good
understanding of the
cleaning process....

Hence these books
are written with such
simplicity.

We do release some
emotions regularly
without knowing but
we store much more
than we release... so

in time it is backed up
and we give up on
life...literally!

How does one know
that we have
emotions to release?

If one has bad days
and doesn't know the
reason behind it.

If one is angry
sometimes (which
almost all humans
are).

If one is looking
forward to the future
to be happy.

If one is tired more
often.

If one doesn't have a
fit and healthy body.

If one is getting old...

Etc., etc.

Then one has a lot of
emotional fears to

release and there is a backlog no matter how much one is feeling.

Either they are not feeling properly or not enough.

What is feeling properly?

Feeling properly is done without the interference of the mind. Our mind is influenced by many things seen and unseen. It usually wants to confine to some state... so it can be predictable, and in

control. Feelings are all over the place. Feeling properly means to “observe” it mentally and let the feelings exist without interfering as the body is adjusting and releasing and resetting it. The body will create various sensations while it is

releasing, our job is to
accept and wait.

How can one do that... the mind interferes all the time? It is the way we live.

Yes, and that is why the mind needs to accept that the feeling is “ok” at first... so it doesn't try to interfere and secondly it can be left

alone with its own
devises. We just want
the heart (feelings) to
be engaged. Not to
manipulate the mind.

Slow and steady wins
the race.... here

.... literally wins big
time!

It sounds simple but
almost impossible to
do...

Well, if one doesn't
try, they will never
know if they can
triumph in this
situation. One only...
must try...

What if I am afraid to start?

Then one must know that this is nothing new... we are doing it subconsciously all the time...the problem is that we are doing it in dribs and drabs...

We need to come to speed with these feelings.

When we feel fear (or anything) ...latch on to it...

“Feel” the fear of trying new things...

Feel, feel and feel...the fear with an awareness that my body can neutralize it if I just let the emotion exist for a

while and observe it
from a distance.

It is just an emotion it
will not harm me if I
experience it with
acceptance.

Start where one can
push the boundary a
little bit... until we
can push further. No
physical action is
necessary.

And then?

One might feel tired or sleepy (it is a literal mental and emotional workout). Just follow the requirements of the body to rest and later the fear will diminish or disappear if one feels it completely.

Which hardly
happens initially
when one starts to
accept this reality.

But we do feel the
needle moving just by
feeling.

It seems like a slow
process...

It seems slow but
when one makes this
a daily habit... life
happens fast and
strong and happier...

How can I believe
this?

By experiencing it.

There is no harm in
trying to live heart
centric even if one
does it

occasionally...it will
increase later.

Releasing emotions
will make us release
more, as one will see

how it makes one
feel.

But why am I
hesitating about the
experience?

It's a habit we have
formed. We don't
want to experience
bad feeling emotions.

Tell me again why
should I feel bad
emotions?

One should feel all
emotions with mental
acceptance, not
necessarily bow down
before others. This is
an internal process...
one must not take
physical actions

unless they become loving and fearless.

Due to the new age philosophy, we have started thinking positive feelings only and hide negative feelings.

The truth is by feeling all emotions good or bad we complete the cycle of experiencing

the feeling and then it
just stays as a
memory without the
feeling disturbing us.

Hence cleaning the
unwanted emotions.

But hiding bad
emotions are
important so we
don't hurt others...

It is crucial that these
feelings must be felt
in solitude.

If one feels them as
they arise it will not
get explosive as to
hurt others but
because many have

pent up unwanted emotions like anger, it needs to be felt when one is alone and if necessary one can use physical objects that will not harm anyone including oneself like hitting a pillow etc.

There are physically active people, but they always carry anger in them....

That is because they are avoiding the acceptance of the emotion of failure.

They are regurgitating the emotion of anger. They are repeating

the action without
accepting the
emotion.

One must accept the
anger wholeheartedly
and mentally and stay
with it...It might bring
other emotions that
was triggering anger
like shame or fear or
abandonment or any
emotion that makes

one feel helpless. It is only an emotion. It needs to be felt for it to leave one's system. If one cannot feel it all at once (which one usually can't) do it little by little. It is like saving money in a bank, the bank balance increases with every

emotion felt
(especially the
unwanted ones) and
one benefits in the
long run.

Feeling the sensation
inside the body until
it dissipates little by
little...will take one to
fearlessness and into
love... softly...

Where do I start?

Start wherever one is in life. In any given moment start consciously feeling the emotion that exist inside without taking any physical action and with the acceptance of that emotion... mentally. The mind needs to be

trained slowly but
steadily to accept
emotions rather than
rejecting them
because it doesn't
feel good.

To start with we
might do both but
move more and more
towards acceptance
of it mentally.

It doesn't mean being
submissive towards
any injustices from
others. This is an
internal matter, and
no one needs to be
involved in this
endeavor. In time one
sees that one
becomes more and
more fearless and
loving. To top it all,

we also start to lose
the “fear” of the
“fear” itself...

How much time
should I give to this
practice every day?

The intention must be
24 hours a day...but
we are free to live the
way we want to live.

Every emotion felt is
an inner evolution
which reflects in
everything we

experience and do in
life.

The mind will always
slow us down... so
just going with the
flow...being
consistent and
keeping this
pocketbook (handy)in
the pocket ;)

Some words from the writer...

This book is intended to make one understand fear and face it and come out on the other side more loving and stress free.

In this world we are taking actions all over the place based on

fear. We think it is natural and wise to do so.

It is far from the reality of truth. We are born to irradiate fear and evolve. No evolution comes from fear-based decisions. Only more love in our hearts can make us evolve. And more

love can enter when there is less fear. It is crucial to know how to release fear because as we get older, we accumulate more of it... which we then pass it on to the next generation and the cycle continues. It is time we start the process of cleaning

them so the coming
generations can live
more peacefully and
carry this world to a
better place....

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