



Transcending the Fear

In order to comprehend fully how to transcend fear it is important to first get in a relaxed state. From this state of peace and tranquility release, let go and surrender. Allow yourself to open up even wider, more open, more transparent. Open up so you can feel the beauty and grace even more fully. Simply let go of the mind that cautions you. It tries to protect you as you have trained it to do so. For you have inherited a mind that is watchful, always looking and expecting danger. A mind that does not trust. It was a survival mechanism from generations past and yet it still is a part of your physiology.

You can change it, but it takes conscious intention and even discipline. Not to push the mind into submission, not to change how it operates, for that is part of the hard coding – it was by design. The Art of Surrender requires the ability to transcend. What is it to transcend – to move above. To move to a place where you observe, where you watch the mind – you even let it do its own “thing” so to speak and you watch on with love. To transcend by moving, always moving to a place deep within you where We are One. From Oneness you will know All That Is. You will know your Self in totality.

You cannot conquer the mind, you cannot control the mind, for it is part of your protection in a human world. It is for your protection against the Darkness. But what many have yet not learned is that you don't have to go to the dark side when your mind warns you of the danger – the impending danger of possible darkness – possible danger.

No you don't have to move or give the power to your mind. You can simply move to the place within where you feel comfort. Many become afraid – many indulge the fear. They run away from the very feeling that was designed to protect them. By doing so they move deeper into the very fear they are afraid of. What an interesting paradox.

If you could only allow yourself to totally feel whatever fear comes up, embrace it and not run away from it, you would see that it moves through you. It is merely an illusion, a thought, a perception of what may come. It is like radar, showing you a possibility. Yes “a” possibility – one and only one possibility of the many possibilities that exist for you in the Now of all things. Your fear is but one mere possibility.

It is interesting that when you perceive a possibility of beauty or light or joy to be coming around the corner, you do not run and hide. You smile, you hope, you welcome that possibility with open arms. However unfortunately often you hope with doubt – not knowing. You do not realize that the doubt may prevent the very thing you want to be driven away. You see it is You and only You who creates the possibilities of Life to come forth into fruition.

But when the possibility of what may come is Darkness – you panic. You are even afraid of the fear you feel. Afraid of the fear. How interesting is that? Embrace the fear – knowing – yes knowing it cannot come forth unless you allow it to. You and only you control what is to come forth from the world of possibility into the realm of your reality. You and only you control your reality. So why would you be afraid of the thoughts of fear that pop into the mind? You are afraid because you don't realize that you and only you control your reality.

We clarify that often the “you” We refer to involves your Higher You. Events often come forth into your life that are for your Higher Good and you may not realize that at the time. Of course they make no sense to the Lower You. You lack the understanding of how the Higher and Lower Self work together, or may we say often work apart, or at odds with each other. That is because you don't yet understand the nuances of Spirit working through human form. We shall tell you more about this in the future for the energy of your gracious planet of free choice is shifting to allow more and more of you to understand with clarity the way Life Itself operates.

We are here for you anytime you wish to converse with Us. Simply enter a state of stillness and peace and We shall appear. Our love for you is everlasting and unconditional.