

FEARS RELEASE MEDITATION



There is an existential dread at the base of each human life; And what if my worst fears are realized? And then what will happen next? Surely the worst? And what if The Worst Did Happen? First, face what is happening, don't deny it. Then...

Choose to place your difficulties in a much larger life-frame for there is always choice involved in how you view your own plight. For example, even when confronted with loss and sadness, an extraordinary observer of the human condition at both its best and worst, Viennese psychotherapist and concentration camp survivor, Viktor E. Frankl's optimism, as another of his professional colleagues observed, his constant affirmation of and exuberance about life, led him to insist that hope and positive energy can turn challenges into triumphs. In 'Man's Search for Meaning, Frankl says: 'The way in which a man accepts his fate and all the suffering it entails, the way in which he takes up his cross, gives him ample opportunity, even under the most difficult circumstances, to add a deeper meaning to his life. He may remain brave, dignified and unselfish. Or in the bitter fight for self-preservation he may forget his human dignity and become no more than an animal. Here lies the chance for a man either to make use of or to forgo the opportunities of attaining the moral values that a difficult situation may afford him. '

The Fears Release meditation which follows allows you go into your deepest fears without getting lost in them, instead seeing them with renewed perspective and then releasing those fears. Fears denied remain still potent; fears faced and dealt with offer a more profound understanding of oneself and one's willed resilience to transcend all difficulties as simply challenges to be overcome.

- Sit comfortably and begin your meditation with something familiar for enough time to allow your body relax and your mind begin to clear.
- Now let your worries and fears come to the surface and face them, notice them, label them ('work-loss', 'fear of death, 'fear of falling over and becoming disabled', 'fear I won't be able to pay the bills', 'fear of being alone', 'fear of failure', and so on). Treat them as weeds in the garden of your mind.
- Go deeper. Dig into the earth of your mind and those anxieties till you find deeper fears; get right down as best you can to the root; identify them and label them but do not try to argue with them, judge them critically or get lost in any emotional reaction as those deep fears surface.

- Visualize pulling out those fears and putting them - issues, individuals or situations - one by one as you identify them onto a garden rubbish heap or onto a wheelbarrow.
- Once you have a number of fears, let your mind move from one to the next touching just on the label-names you have given them which identify them. Do so lightly and playfully. Go through them one by one. You may notice each has its own emotional power and pull. Notice which are the most charged emotionally and which the least. Again however do not enter into each deep-fear to become engaged by its contents. The point of this meditation is to diffuse the power attached to each fear by identifying them with a almost detached awareness before you release them.
- Next you can release each fear-weed in turn by placing each inside a pink bubble and floating them away or tossing them into a flowing river so they flow away or burying them deep in the earth or heaping them up and setting fire to them so they just burn away to ash. Or see them trundled off in a wheelbarrow. The point now is to separate out from them symbolically letting them go as the first step to becoming free of them.
- Finally just imagine yourself living without these fears, living free of fear with equanimity and know it is possible.
- ADD a mantra and repeat
Be Fear-less
Be Fear-less
Be Fear-less and live as if you were so, in crisis or good times alike.
- Check in a future meditation whether you are now facing the same fears.