

The Dynamics and Healing of Fear - A Course In Miracles Perspective -

The Introduction to “A Course In Miracles” begins with this statement regarding the dynamics of fear. “The opposite of love is fear, but love, which is all-encompassing, can have no opposite.” From this perspective, fear does not exist at the level of truth. Before we began our journey into separation from Source, we lived in unconscious union with God, free from all worry, responsibility and fear. When, however, we became lost in this dream-journey into separation and forgot our connection with God, we began to experience a deep feeling of loss that resulted in our first experience with lack and fear. “The Bible says a deep sleep fell upon Adam, and nowhere is there reference to his waking up. It was only after this deep sleep fell upon Adam that he could experience nightmares” (ACIM, Ch.2)

Before our dream of separation began, we created only Eternal Truth through thoughts anchored in pure and Divine Love. Once we forgot our true identity as extensions of this Divine Love, we started to feel separation, lack and fear. This fear, disabled our ability to create from pure love and instead we began to project or miscreate from our own thoughts ways to fill up this lack. What we miscreate from fear, however, exists only within our **DREAM OF SEPARATION** and not at the level of Truth, since only thoughts extended from God Self are real and eternal. Our “**Detour into Fear**” is part of a dream and not the Truth, even though our ego believes fully in its reality. What we believe, we will achieve within the dream. It is important to keep in mind that our fear-based ego created this dream and is a part of it when tempted to believe all the illusions of evidence bombarding us from within this matrix.

All thoughts create and fearful thoughts create fearful effects. This is the nightmare we experience within the dream or matrix of separation. Here, in an attempt to survive the pain and fear of our separation from Source, we withdraw into the illusion of the past or future, distract ourselves with endless activity, compulsively search for outside support and sedation, or obsess with worry, planning and control attempting to avoid future pain and the fear of the unknown. **Let us keep in mind this whole world we seem to experience is nothing more than a dream we project, like any dream, from the smoke and mirrors of our wishes and fears played out on the fantasy stages of the past and future within our own minds.** Nor, however, is it any less. That is why ACIM says, “Nothing beyond (or outside) yourself can make you fearful or loving, because nothing is beyond you. Herein lies your salvation” (Ch.10, Intro)

We begin to free ourselves from pain and fear as soon as we realize and accept that our own thoughts are responsible for the fearful world we see and experience. We start our journey towards peace the moment we can say, mean and feel without reservation:

“I am responsible for what I see. I choose the feelings I experience. I decide upon the goal I would achieve. And everything that seems to happen to me I ask for, and receive as I have asked.” (ACIM Ch.21-II)

In the movie “Vanilla Skies,” the central character played by Tom Cruise demonstrates this realization dramatically when in a loud and overwhelming bar scene he freezes all sound and action through his own powerful intention extended or projected into thought. From the moment of this realization, his life of fearful torment began to shift towards peace. When we awaken to this same realization, that our own thoughts create our experience, we can then take charge, change them and begin to experience peace. All fear is the result of the illusion that we are separate from God and have the power to create apart from God. (ACIM Ch.2.1.4) Our salvation or freedom from this fear lies in the ultimate realization this not possible, that anything created outside of God or Love is an illusion, part of a very bad dream we can wake up from when we want to badly enough.

We begin to wake up from this dream simply by asking the Holy Spirit to help us wake up. Then we must be still and present in the **Here and Now**, outside the dream, the only place where we can experience God. With this intent, assisted by Spirit, we can gently begin to change our thoughts from fear to Love. Fully letting go of future worry or past history, especially stored emotional pain and fear, is too threatening until, through faith, we are willing to let Spirit take control and guide us. **The hardest part of being present and waking from our dream is feeling and surrendering into the memory of pain and fear stored within our emotional and physical bodies.** Here, we need only ask and, with patience, allow the Holy Spirit to heal and dissolve the illusion of this pain and fear into Peace. **Be present, feel, breathe and surrender into the pain and fear. Then ask Spirit to heal and release it.**

In addition to helping us recreate a **conscious connection** with God, The great gift of this “**detour into fear**” in physical embodiment is our chance to physically feel and therefore, more quickly heal the stored memory of emotional pain and the fear that blocks our full connection with Peace, Power, Joy and Love, the energies of Source within us. **This is how we raise our vibration and remember we are One With God.**

Peace or freedom from our dream of separation and fear will be given to us in direct proportion to our readiness and willingness to ask for it with heart-felt desire and when, through faith, we surrender control to Spirit. You may begin this process now, if you wish, with this simple prayer:

Holy Spirit, help me be still, present and awaken from my dream of separation and fear? Help me to feel, surrender and heal the illusions of pain and fear that I have miscreated by my separate thoughts? I ask to remember fully, my oneness with God? “I step back now and let you guide the way that I might walk along my Path to Peace.” ACIM

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