

## Part Two

### The Four Laws of Fearless Living

What we're going to do now is examine what we can call *Four Laws of Fearless Living*. If we will work to study and understand these basic truths that are about to be explained, you'll see yourself literally speeding on a new way in which you can begin to assume command over these old fears that you would have once believed was unimaginable.

But to go a long distance, we must start very close, and that's what we're going to do. So, let's start, you and I, with something that we already know is true about ourselves.

The deepest parts of us know that if freedom from fear was as easy as creating a new reality for ourselves, then we'd already be the fearless person that we know in our heart of hearts we're meant to be.

Of course, it's not that easy. But what is easy is to embrace the kind of truths that we will look at together and glean from them insights by which we can prove to ourselves that the fear we presently have of any moment can be dismantled directly by understanding the nature of that fear.

We're going to talk about some important ideas. Some of them I can't cover completely when I'm giving and presenting material like this, but I want you to know that even if something sounds difficult or confusing, there are already parts of you that are prepared to receive the seeds of these truths and work with them (if you will) so that out of them can grow a completely new understanding of yourself and the set of fears that may be following you wherever you go.

When it comes to a fearless life, call it what you will – the Divine, the Living Light, God, Truth – it gives nothing freely save to those who give themselves freely to discovering the truth about their own fearless self. It's reciprocal. The more we give our attention and our wish to understand the nature of fear, the more fearless we become. Why?

Because just having the idea – the attitude, the aim to meet the moments that used to command us because of the fear we would feel – this new understanding that we can study the fear instead of serving it changes everything!

The good news is that this kind of confidence and the calm that we're capable of living with in the face of conflict already lives inside of us. It needs only our realization of its literally unshakeable presence to empower us with that fearlessness we seek. So, stay close.

I'm going to cover four laws that are like a golden invitation to the coronation of a fearless life. To open each one, and to receive its instruction – which is always about how to see through and then finally live without fear – we need only do one thing:

We have to ask sincerely that we might understand, realize, and eventually release ourselves from our fears through the secret messages that are in these four laws that we are about to cover together.

So, welcome them. You know how it is when you've seen a long-lost friend, how glad you are to see them? That's exactly how you will begin to feel towards every truth that comes to set you free from what has held you in the grip of a fear. The friend, the truth does the rest for us if we'll welcome it into our life.

So, here's the first of these *Four Laws of Fearless Living*:

**1. Our experience of any moment – good or bad, calm or conflicted – is a direct reflection of our understanding about it.**

This means the only thing that frightens us about any event is what we have yet to understand about ourselves.

I can't say enough about this one idea. We as human beings are given a certain capacity to grow into an order of understanding that allows us to see our former understanding and to realize where it is – through our identification with old ideas, beliefs, opinions – that identification is actually the father of the fear we feel. And that looking to those old ideas

to help us be fearless is like asking a tiger to help us escape its den when everything in it is looking at us as an appetizer.

So, remember that what we don't understand about ourselves is the source of our fear. Which means that the end of our fear comes through growing in self-understanding.

## **2. No psychological fear exists without negative imagination.**

Think for just a moment what that means. Here I am. Someone calls me. They tell me something happened. I go on the Internet. I pick up my phone, and there's a message, a text, and in that split second, something appears in me that says, "Oh no. What does that mean?"

And of course, we can't know what the actual event means. But something in us imagines what it means. It actually projects that there is a problem, probably that we won't be able to deal with. And as we identify with that negative imagination, lo and behold, we become full of fear that we're not going to be able to overcome our own dream.

See it with me. We dream of some dark moment to come. The solution isn't to try to be more powerful than the dream. The solution is to awaken from the dreamer.

## **3. When it comes to fear, the feel is real but the why is a lie.**

I hinted at this in the first session. I'm coming back to it. Let's examine it for a moment in light of the law we just talked about where no psychological fear exists without negative imagination.

When we imagine something is going to happen to us that threatens who we have imagined we are, what else can happen but a psychological reaction? All of a sudden, all that adrenaline kicks in. Everything starts ramping up because the feeling we have born of imagining a time to come tells us that we have to be prepared for that imagined time. But we understand that an imagined time is in fact just an imagined time, which means the "why" behind the fear is a lie.

If there was one thing you could understand out of all the work we'll do together, it is that there is no such thing as a negative state within us that comes and visits us and victimizes us that isn't a lie born out of identifying with a false feeling. And that false feeling comes out of this consciousness that believes who and what we are depends on something outside of ourselves to always be confirmed.

**4. The universe itself is actually set up for us to succeed with realizing a fearless life, which means that we are made for whatever happens to us.**

The universe is set up for us to succeed with becoming a fearless human being, which means we are made for what happens to us. Let's examine this idea briefly.

We all know the saying, "When the student is ready, the teacher appears." And we all know experientially that when we will receive what the teacher brings and the lesson is learned, we exit that moment a different order of human being than what went into it.

Why? Because our understanding has changed. We have literally risen into a new level of consciousness.

If that's true, then every moment that unfolds in front of us, every revelation – regardless of whether it is wanted or not – holds within it the possibility of showing us something so profound about ourselves that we can be released from any false understanding, and therefore the fear that comes with it, on the spot.

What would happen to any of us if we knew, without having to take thought, that the universe was set up to help us succeed with becoming fearless because now we understand the right attitude to take, no matter what the moment is that it seems to bring?

Now, let's add a couple of facts to these last four laws. It will help us realize the possibility of this fearless life we're talking about.

Taken alone, each of the statements that I'm about to make are a way in which we can begin to look into this seemingly impenetrable darkness

that surrounds fear. But taken altogether, these new facts will reveal a whole new understanding that penetrates that protective, painful shell of fear, and dispels it at once. The light that remains in that moment – when we have seen that fear is a lie – is the source of our freedom, and it is the freedom into which we enter.

Here are these facts. We can either spend our life struggling to protect ourselves from our fears – which is really the general existence of the unconscious masses – or we can learn how to use our life to discover that, in reality, there is no such self to feel the fears that it does, and that the shaky world of that shadowy self is really nothing more than its own unreal shadow.

Have you ever watched the shadow of a tree as it moves through the wind? The shadow of the tree as it's moving isn't the tree. It is what happens when something obscures the light, and in the obscuring of the light, we look at something that seems real but we know only exists because of the absence of light in that moment. It's exactly the same thing when it comes to freeing ourselves from fear.

The good news is that it's possible to bring so much light into these moments, to learn so much about the nature of fear, that one day fear literally just runs out of ways to make us believe in its shaking.

Imagine. Something in me starts to get nervous and afraid, but at the same time there is something in me that can see so clearly that the feel is real but the why is a lie, that that same intelligence just allows that whole moment to pass by without being imprisoned by any reaction to it.

No fact of life is frightening unless it runs into conflict with what we want. And when that happens, can you see it's not the event that is fearful? What is fearful is something in us that suddenly feels that something it has imagined that will make it whole and real is going to be taken from us.

Put it together in your mind. We should be *thankful* that something in us shows us where we are identified with an image or an idea, and that out

of that identification comes this summary reaction where we feel threatened because something is saying I'm going to lose myself.

You can't lose who you are! It's impossible. Fear wants you to believe that it is possible for you to lose your true self. You know the difference now. We're talking about it.

And the last of these fear-busting ideas is this fact, and its implication: We make ourselves fearful every single time we look outside of ourselves for some power by which we can feel fearless.

Let's examine it briefly. I look to a position, a power, a possession, a relationship, and I vest myself entirely in that because I find a sense of security through thinking about my relationship with it because it confirms me as I want to be confirmed. But the very condition, the relationship that I am now summarily identified with, the minute that any moment challenges that image (and that's all it is), the identity that's attached to it starts to feel fear.

The image wasn't real to begin with. The identity was an extrapolation, a mistaken belief, and the fear that follows that being threatened is equally as false as all the rest of it.

I hope you can see this with me. We're going to pick it up a little more deeply in the third session. We've looked at these facts now that unmask a lot of the lies that fear keeps giving us to keep us in its power, but now we're going to go beyond those lies to recognize the infinite possibility we have to let go of every fear.