

I Can't Do It, Yes You Can *(Transforming Fear)*

By

Beyond Timelines

E-Book/Module

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Introduction

Thank you for choosing to download this Beyond Timelines personal development e-book module and welcome to what is in our view “uber cool feel good stuff”. Though it has to be said that once you get to know us, you might wonder why our light sense of humor has been omitted from this module. It is because a large degree of focus and connection is required and when setting out on a personal transformational journey, all other things are distractions, and that includes our sense of humor. However, we promise that once the initial core modules have been applied, we will put lightness into forthcoming material, yet we assure you by the time you've got through this module that you will indeed feel better, more self reliant, and more in control than you do today. This is not to say that you are out of control, on the contrary, it is a suggestion that after reading and applying this module, your life will become more meaningful, your self esteem will grow, and your confidence will strengthen.

Nevertheless, by now you may be getting a hunch as to how intense these e-book modules may be – and we unashamedly prepare you now because yes, they are very intense!

Throughout they can appear heavy and you may come to points whereby you may just want to stop, and put the whole thing down. This is normal and expected. If you come to this juncture, then by all means put it down and rest, but please abstain from throwing it out, and do make a note that once things have cooled off, you will pick it up again.

This happens because when you challenge your own self, then yourself will come out to challenge you. First we come up against our own emotional and mental defenses, then we come up against resistance and inertia towards change. However, by the time you have completed this module, not only will you have a good understanding of how human dynamics work, you will be gaining a large degree of control over your own inner dynamics.

Though being brutally honest, it has to be said that engaging with and transforming our own human dynamics can be quite a challenge, yet here's the truth. Once engaged and applied, which in a general sense can be weeks, months to a year, then real magic and genuine positive changes begin to happen.

Though what do we mean by magic?

When read (and when read with intent to digest), the material within shifts the cogs and gears of the inner self. The upshot is that your entire life and reality begin to project and reflect these shifts, and on occasions reality provides a quantum leap that to the naked eye, looks like magic. Of course it is not really magic, it is your own consciousness allowing shifts to occur.

So where did we get this material from?

Well, let's keep that until you've read the modules – yes, we said modules because there is more than one, but do not worry because they are all brought to you with affordability in mind. That is, the four main personal and one professional development modules are for the time being, 100% free.

With that being said, take some comfort in the knowledge that the modules presented have been compiled with the upmost diligence. In our view, it is quality material distributed freely, though we'd rather refer to it as open source. Meaning that, for 10 years we really did work with high-ranking individuals, CEO's, middle managers, and everyday people, and at no cost whatsoever, you will directly benefit from their raw experiences and input. Each module has real facts and figures, and while the following makes no difference to your reading, we did not put these modules out until they were proven to unanimously work with consistency and reliability.

The Goal

When you think of the word fear, what is the first thought that comes into your mind?

FEAR is mostly thought of as a FRIGHTENER and something that should on all occasions be avoided.

However, the ultimate aim for this module is to show and guide how to cultivate the energies and forces of fear in a way that will produce preferable and uplifting outcomes.

This module has three key goals:

1 - To identify, unearth and dissolve inner fear

2 - To discover how to transform the energy of fear without the need to physically live it out

3 - To do what the title suggests. That is, approach everyday life with a real inner "can do" attitude that contributes to a feel good existence.

Section 1 - The Dynamics of Fear

Rarely does it come into our mind, though the two core forces driving human existence – FEAR and LOVE.

There are only ever two options for every single thing we do in life. Either something is being avoided or attracted, with either fear or desire at the core.

While desires serve as attractors, fears are generally avoided, and rarely is there any conscious awareness of these inner dynamics. When confronted with the prospect of fear, as humans we naturally disown it. Though it is a very different story at the opposite end of the scale. That is, people rarely have a problem voicing their life's desires.

It may now come as a surprise to know that fear has the ability to cloak and disguise itself into the energy of desire. What may be thought of as desires can often be fears overlaid with a surface desire.

Does that sound confusing? Please allow a brief explanation...

For a moment, Imagine a roller-coaster, you fear this amusement ride, and this fear is a conscious one. In other words, at the first thought of boarding the ride, avoidance would most likely be the obvious choice. However, now consider that the roller-coaster is only a trigger to feel the feelings of fear, and it is not the source of fear itself. When we say '**trigger**', it means just that. The trigger sets off the feeling of fear or excitement, but it is not the core of destruction.

Now imagine the point whereby you experience the fear. If like most, fear will surface before embarking upon the ride. Yet for others, instead of experiencing and feeling fear, the very same adrenaline rush invokes the opposite. That is feelings of excitement, desire, love and happiness.

Yet, how can this be?

Does common sense and rational logic not suggest we should all feel the same things from the same experiences?

Has it ever crossed your mind that Fear and Desire could indeed be the same energy?

We will seek to uncover that both fear and desire are partners that operate from exactly the same core fear. That is, the excitable thrill seeking adrenaline junkie, and the fear ridden, panic stricken, anxious individual are experiencing the same core energy called FEAR.

However, and going back to the roller coaster, as already outlined the roller-coaster is only a trigger to feel and is not the root cause of the feeling. In other words, the roller-coaster acts like a light switch, turning the power on and off, but it is not the source of electricity.

Though we will get to the source later, for now consider that the roller-coaster serves only as a trigger to invoke a basic human dynamic of either love or fear, which can also be thought of as a desire or dislike, avoid or attract, go towards or away from etc.

This is easily identified with roller coasters, as there are generally only two options. That is, one either feels fear, or excitement and the energy dynamic is the same.

So where does the disguising and cloaking of fear come into it?

Well, again, we will uncover this later, however, decisions performed by the conscious mind are born not from the conscious mind, but originate from deeper within.

For those who experience an adrenaline rush of excitement and desire, most likely have core fears overlaid with positive desires. In other words, it would be deemed rational and reasonable to feel a degree of fear from a roller-coaster ride, but not excessive fear or excitable desire. Both excessive fear, and excitable desire are real life indicators of '**core fears**', with the only difference being in their outward expression.

Too much unprocessed fear bleeds through as fear, while mild unprocessed suppressed fear bleeds through as desire.

Have you ever come across a person that at first appeared so full of desire, enthusiasm, and positivity, only to find that one day the very opposite happened. In other words, their reality crashed and burned, and they were the least likely candidate.

This is the result when unprocessed fear becomes overlaid to the degree it can no longer contain itself.

That is, when fear accumulates to a given level, (and that given level is subjective). This human dynamic like all things has a cutoff point whereby it can no longer suppress. It therefore begins to bleed through. The result is desire, followed by excessive desires, followed by crash.

The crash is natural because this is the simple human dynamic functioning normally and trying to rebalance and rectify itself. Once this human dynamic is understood, the crash is so inevitable, so predictable, it can be likened to sitting on a rail track knowing the train is on its way.

The fear dynamic is very basic;

Processed FEAR does not bleed through and is processed on the spot.

Unprocessed FEAR bleeds through as DESIRE.

Suppressed unprocessed FEAR bleeds through as FEAR.

Through our own studies, the understanding is such that the dynamic of fear operates with such simplicity; more often than not it is grossly overlooked. The outcome being that, unnoticed and unprocessed fear really does go onto manufacture more fear. In turn this creates a reality of insecurity, low self-esteem, stress, frustration, depression, anxiety etc.

If left unattended, physical manifestations such as anxiety, panic attacks, and in extreme cases, suicide result.

Fear Cloaked As Desire

Have you ever come across a person that states they fear not, does not experience depression, and projects positivity about all things in life?

These people can come from any walk. They may be a construction worker, a very successful businessperson, a housemaid, even a life-coaching mentor, etc. However, their position matters not in comparison to what DRIVES them.

Fear is one side of the energy spectrum, while desire is at the other. Commonly referred to as a polar opposite, it could be said that fear is far left, desire is far right, and balance in the middle.

In the middle state, both fear and desire can be perceived and immediately processed, yet go far left towards fear, and more fear is manufactured, while far right and things shift into desire.

The above may sound complicated, but it really is very simple.

That is all human energy has a state of balance, referred to as a '*state of rest*'. Resting means a state of not doing one thing or another, normally called '**balance**'. Think of human energy like that of a set of scales. there is only ever this way or that way, with a state of balance in between.

Place a small amount of something on the left and naturally it gravitates to the left. Place something on the right, and according to the amount, the balance will shift.

Take everything off and the scales will return to a natural state of balance.

Human energy and the dynamics can be thought of in a similar way. That is, imagine fear to be on the left, and desire to be on the right, with neither fear, nor desire in the middle. The more fear one has, the more their scales tip to the left, and vice versa. The more desire one experiences, and their scales will tip to the right.

Yet, here is one of life's great paradoxes.

The right scale of desire can be guised and cloaked fear from the left. While this might sound confusing, there is a perfectly rational explanation.

Imagine scales with nothing on them, they are in a state of balance right?

Now imagine loading the left scale, then loading the right scale with equal amounts of something. It would return to a state of balance right?

Now imagine the equally loaded left and right, but we now further increase the load on the right, the scales would tip further right, yet the original load from the left would still exist.

Now imagine a man named Barry was birthed into a world of fear, whereby his own left scales become laden with fear. Yet, to counteract and maintain a civil reality, Barry's "**overall consciousness**" begins loading the right side with desires. Eventually a state

of balance is reached, albeit this balance is illusionary, nevertheless, balance is the outcome. Yet, in order to maintain and strive for a good existence, Barry's sub-unconscious keeps loading the right side with desires.

Eventually, the right becomes overloaded with desires, and Barry now experiences himself and life as an adrenaline, thrill seeking junkie. Nevertheless, this does not mean he is free from core fears. In fact and on the contrary, his core fears are 100% intact unknowingly driving his life and reality from his sub-unconscious.

If like Barry, one was birthed into a feared environment, then naturally their operating platform tips and builds a life based upon the left scale of fear. Though it will be discussed later, "*overall consciousness*" makes an informed decision to get away from a reality of fear. That is, no human being can, or ever does remain in a permanent state of fear. At times it may appear so, nevertheless, the reality is that all human energy is in a constant state of flux, and the inner subtle self already knows that a life filled full of fear would be disastrous, so it cleverly gets to work with a set of desire overlays.

In other words, when a fear is encountered, the inner aspect of self automatically plugs into polar opposite energies and gets to work creating what it thinks you desire. These operations are performed silently, and away from one's immediate awareness.

This human dynamic works similar to that of normal daily life. That is, imagine you want to say something negative to a person but you feel that it may be taken the wrong way. What do you do? Generally speaking, what it is you want to say gets cloaked and coated in something else. That way when a negative connotation is suggested, surface reality conveys one thing, while subtle reality is conveying something else. This is done not just for etiquette sake, but because when any disharmony is created, overall consciousness automatically does it's best to avoid.

Now, it may surprise you to discover that when we interact with ourselves, the very same game is going on. Albeit we are not conscious of this inner dynamic, nevertheless it works the same way. In other words, when you feel something fearful, there is a deeper aspect of you that interacts with yourself and it knows that to live in a permanent state of fear is destructive. Therefore, and without your conscious knowledge, your **overall consciousness** interacts with your own dynamics, instructing your **conscious** mind to move away from fear.

Why does the human energy system not put up with permanent states of fear?

Because fear is destructive and the ultimate destruction is "non-physical existence". The purpose of overall consciousness is to not only exist, but to progress and strive forward, therefore from an overall point of view, overlaying fears with desires is an entirely natural operation.

The opposite of fear is desire, so to get you as far away from fear as possible, the polar opposite energy of desire is automatically pursued. This is how and why fears become overlaid with desires, yet at the core, fear still resides.

The Ultimate Dynamic of Fear

It has already been outlined that fear has the ability to cloak giving the appearance of desire, yet there is more.

The ultimate dynamic of fear is such that 99.9% of all core fears are going on unnoticed. Please make a note we said '**core fears**' and not the surface fears felt crossing a four lane freeway, or the immediate fear felt watching a horror movie.

Although it will be discussed later, core fears are different in so much that rarely are they recognizable on the surface. Nevertheless, and once a little digging around is underway, identifying, unearthing, and distinguishing core fears is as effortless as reading these words. The upside being that when core fears are dissolved, then a truly remarkable personal transformation gets underway.

While we will attempt to set aside mind boggling science, there is great value in developing knowledge that all life and reality comes down to a vibration. Everything you taste, touch, smell, see, hear, perceive, is a sound vibration. Furthermore, and well worth a note, is that the human energy of fear is also a vibration known and recordable in Hertz.

When resonating in the fear frequency, then naturally this human dynamic emits and radiates a pulse that sends and receives more of the same. If you like, think of it as all fears are buddies broadcasting on similar wavelengths and when you pulse out your signal of fear, it tells other buddies of fear where it can feed from.

Though slight ambiguity surrounds the actual electromagnetic frequency range of fear, there is confidence that science will settle on quantifiable numbers sometime soon. However, did you spot the shift from the word '**fear**' to a '**hertz**', to a '**sound frequency**'?

Though like humans cannot hear the sound frequencies bats chat, the frequencies of fear cannot be heard by the human ear either. Nevertheless, it is still a sound vibration recordable in hertz, and it is real.

The day will soon arrive whereby quantifiable proof conclusively highlights fear as a changeable vibration. Meaning that all human fear is open to change.

Exactly what is meant by 'fear as a changeable vibration'?

Well, in our own studies, it came to light that 99.9% of all participating individuals appeared to have been birthed into hidden fears, which then went onto unknowingly drive their lives. Yet, with conscious development and the dissolution of core fears, their reality turned around for the better. That is, when the core is weeded out, dealt with and dissolved, then there is no desperate desires, and consequently no impending fears. Roughly translated into life and reality, it means peace and happiness.

The reality is as follows:

Being free of your own inner personal insecurities?

Being free from your own self-doubt?

Being free from personal frustration and worry about the future?

Not slaving to your own self and your own reality?

Can you imagine being free from the drive of passion, and still getting what you desire?

Can you imagine what it is like to really like, really and genuinely Love yourself?

Can you imagine knowing what your life and reality is about, i.e your purpose?

Can you imagine that?

The above are states of being that have been carefully monitored and collated from our long term social studies. Ranging from periods of between two and five years, the above are common denominators that each and every individual concluded they experienced.

It may surprise you to know that in over ten years of intense social studies, not one individual was found to be operating free from core fears.

Unknowingly operating on your behalf, and silently preventing access to inner core fears, is a very sophisticated human ego. While the ego has a sound and constructive role to play, it is the negative aspect that interferes and keeps all core fears hidden. However, as the ego is not responsible for the creation of core fears, its role has been justifiable in preventing access. Nevertheless, this solution was always temporary, a type of band-aid over the cut, so to speak. There is a reality that core fears are fully intact operating from the core of the self, and until dealt with, they will go onto produce personal insecurities, worries, anxieties, and so forth.

Though it is detailed later, yet to gain access to hidden core fears, one is required to challenge and then turn off their own dynamic of defense, resistance, and beliefs. That is through one's perception. For the computer minded, it's a little like accessing a hidden partition on a hard drive. As you may already know, access requires adequate programming knowledge.

Accessing the building blocks of human dynamics is much the same. Yet, it is "*overall consciousness*" that is the decision maker as to whether a person is ready to enter and begin tinkering around with their own energy dynamics.

Section 2 - The Origins of Fear

In a general sense, as the conscious mind finds difficulty in recalling memories from earlier than around 5-years-old, it is virtually impossible to be absolutely specific where personal fear began. However, it is now understood that for certain individuals fear appears to be pre-installed from birth. From our own studies of parents with similar children, raised in similar environments, collated data has shown that each child responds and reacts very differently.

As an example only...

Lily's first born was like most other babies, Craig responded and reacted as normal. Two

years later and Lily's second child Nathan came along, who also appeared to respond and react normally.

However, as time went by, and both boys began to grow, it was apparent that they were as different as chalk and cheese. That is, Craig was evidently confident, self-assured, and radiant. On the other hand, slightly younger brother Nathan who was equally as cute, displayed quite the opposite. For no apparent reason, he displayed a lack of self-confidence, low self-esteem, and in general he was less secure than his elder brother.

Had it not been for intimately close analytical studies, deeming Nathan's behavioral indifference's as normal childhood personality traits, could have been quite natural. Nevertheless, as Nathan developed, it became blatantly obvious to Lilly that there was more than normal behavior going on.

Highly concerned, she took Nathan to see a medical doctor.

What follows is their diagnoses:

Aged 2 - Nathan's behavior was deemed normal.

Aged 3 - Nathan's behavior was deemed normal.

Aged 4 - Nathan's behavior was deemed normal.

Aged 5 - Nathan's behavior was deemed normal.

Nevertheless, and in no way undermining clinical analysis, what we will now discover is that the above is so highly inaccurate, and that Nathan's behavior is a direct result of some form of pre-programmed FEAR.

From birth, Nathan displayed a type of resistance to life. Though difficult to detect and often overlooked, but once worked back from 5 years to 4, to 3, 2, 1, and back to his birth. Connecting Nathan's dots was not so difficult.

From birth, and for no apparent reasoning, during the night, Nathan would cry more than the average.

From birth, Nathan would tantrum more than the average. Eventually developing into major resistance.

From birth, Nathan's appetite was minimal to sufficient, which in turn led to being underweight.

Aged 2 - He developed a mild skin disorder, which over time progressed to a serious case of eczema.

Aged 3 - Nathan's resistance evolved into aggression. The outcome being physical violence towards his older brother and parents.

Aged 4 - Nathan began to display tics, his behavior worsened with public bouts of anger, and undressing himself outside.

Aged 5 - Nathan was now displaying:

Infrequently banging his head off the wall, table, or any object.

Rolling his eyes in his head, spasmodically shaking his head, which became more severe when he began school.

Screams in the morning, will not get up, will not eat food and goes out the door without any food at all.

Takes his clothes off in outside, particularly on the way to school.

Repeats the same swear word 20-30 times in a row.

Throws the TV controller, XBOX controllers at the TV screen or at his older brother.

Will not sleep before 10pm or 11pm and then goes to his parents bed during the night.

Has severe skin allergies all over his body.

Is grossly underweight.

Is the above really normal?

According to the American²Centre for Disease Control and Prevention almost 1 in 10 children suffer from ADHD. That's almost 5.5 million children in the USA currently growing up with difficulties in their neurological processing. Furthermore the CDC stated the following "³(ADHD) is a serious public health problem affecting a large number of children and adults".

Though, please do not assume that behavioral problems are restricted to the poorer underclass's, "⁴Ian Graham, headmaster of Slindon College, an independent boys' boarding school near Arundel, West Sussex, has 20 out of 100 pupils diagnosed with attention deficit disorder and a few more with related diagnoses such as oppositional-defiant disorder".

To recap:

CDC state 10% of US Children have ADHD (see endnote 2).

Slindon College UK state 20% of their pupils have ADHD (endnote 4).

Wolraich & colleagues study found that teachers' screening of elementary pupils gave a higher estimate of 25% (endnote 5).

In the⁵Diagnosis and management of ADHD in children, young people and adults National Clinical Practice Guideline Number 72, published by The British Psychological Society, states the following:

75% of ADHD is passed through parental DNA.

ADHD costs the USA an estimated \$42.5 billion USD.

Now, that's just ADHD...

ADHD is mild in comparison to more developed disorders such as Tics, Tourette's and OCD or Depression, but remember Nathan was diagnosed as normal.

According to⁶varying reports, 1% of British children will be diagnosed with Tourette's,

3% with OCD, 5% with Tics, 13% with Anxiety, and 10%-20% with ADHD.

In the UK, that's as much as 2.4 million, and in the USA, that's over 15 million kids all growing up with a STRESS related disorder. Now consider that these children grow up, and have off-springs of their own. That is, just like Nathan, a newborn starts life with a genetic imbalance.

It is said that while growing up, a total of around 30% of all western children experience stress, which climbs to 50%, even 75% when entering adulthood. According to the ⁷American Institute of Stress, 75% to 90% of all visits to the doctor are stress related.

The point being that STRESS accounts for an incredible amount of disorders. Yet to be accepted as normal childhood behavior, or as everyday life is perhaps the grossest misunderstanding of mankind.

That is, as children develop into adulthood, misunderstood energy imbalances worsen.

The progression could go something like this:

Normal misbehaving child → Tics → Tourette's → or OCD → Anxiety → Panic/Panic Attacks → Depression/Manic Depression → ⁸Suicide.....

Now work that backwards:

Suicide is the result from an inability to cope, the inability to cope is the result from internal depression/frustration.

Depression/frustration is the inability to deal with anxiety, panic, worry, which is the result of psychological imbalances.

Psychological imbalances are the result of genetic and chemical imbalances, but most of all. Psychological imbalances stem from fearful thoughts and feared thinking.

Fearful thought and thinking stem from real life dislikable experiences; these can be current yet are most likely past already experienced events.

Now do you remember earlier it was highlighted that in a general sense, recalling memories earlier than 5-years-old was almost impossible. There are a number of scientifically proven reasons for this, though what's vitally important is two brain glands.

The Amygdala - An almond size gland responsible for FEAR and STRESS.

The Hippocampus - Responsible for the formation of long term memory, which gives the ability to rationalize fear and stress.

Though when young, it is the ⁹amygdala gland that thinks, and stores relevant emotional memories, while long term memory forms in the hippocampus gland. Though let's not get lost in technical jargon only to outline that the Amygdala gland is responsible for FEAR.

In a published paper from ¹⁰The Scientist 15[19]:20, by Harvey Black, he stated that the amygdala performed a '*critical boost for long-term memory of emotional events*'. Roughly this translates to storing childhood trauma. No matter how young, the brain

appears to store it.

That means, even if events from 0 to 3 years could not possibly be recalled, the brain is capable of storing unprocessed emotional content.

Babette Rothschild (*The Body Remembers*, 2000) outlines the relationship between the hippocampus and the amygdala. She states that when young, *'the amygdala is mature enough to process emotional data, but the hippocampus which rationalizes then stores long term memory is not'*. **This is vitally important information because the suggestion is that while events cannot be remembered, their emotional associations can be.**

In layman's terms, it can go something like this:

At only 18-months-old, baby Nathan could not remember the TV plane crash, and his hippocampus was not capable of rationalizing, making sense of, or processing the event. Yet his amygdala gland stored the emotional reaction he had to that event. If he experienced fear, then that would be locked in and recalled by the sub-unconscious to any similar associated future event. This explains why when Barry becomes an adult, he may dislike plane journeys, and not know why. Furthermore, the stored unprocessed fear becomes a core fear, which then gets overlaid with desirable, or positive events and soon enough, hey presto, he has no conscious memory of it. Nevertheless, until it is raised to the surface mind and consciously processed, then it sits in the sub-unconscious driving his life from a platform of fear.

However, there is one more source of inherited imbalances. That is, the phenomenon whereby an individual is able to recall experiences and events that are beyond this life. While we are not suggesting knowledge or quantifiable proof of any form of past-life, what cannot be ignored is a human's ability to process material that has not been experienced.

That is, in our own studies, every individual has with guidance been able to pull forward and consciously relive experiences that they have not encountered in this lifetime. In doing so, and once relived, the experience faded yet left a remarkable footprint on their present life and reality.

The new footprint is inner peace and contentment. Though, while there is recognition that these words may appear futile and flaky, the power in 'living from and being these words', and not in just reading are truly astonishing. That is, imagine an existence without inner insecurity, trivial worries, and panicky fears?

Well, there is no need to keep imagining, as the purpose of this module is to identify, unearth, and dissolve all core fears.

Section 3 - The Drivers of Fear

We have already said that fear is at the core, but what is driving it?

While the medical fraternity might declare chemical imbalances to be the main

contributor towards fear, and indeed, they do. However, behind biology, is chemicals and behind chemicals is what?

What is it that's fueling and maintaining the human being, and what is the stuff that keeps the heart beating?

Well, it may surprise you to discover that '**conscious awareness**' is what creates, and maintains life.

It is said that consciousness is the core of existence and without it, nothing could ever exist. Though, due to word constraints consciousness is covered in its own module. Yet, for the time being, let us just familiarize ourselves with this word, and it's role in reality.

As without conscious awareness, life does not exist because consciousness is required for you to become YOU. Additionally, and when given some thought to, consider that a person is only ever considered deceased when their heart stops beating. This is the point whereby the deceased is not only un-conscious, but their consciousness has completely GONE.

Put another way, think of a light. Not a light bulb, but the actual light that shines from it. Electricity is required to power that light, and without it, the light is not a light, right? While this is an analogy only, consciousness is similar to the light, in so much that without it, as a human being, YOU cannot possibly be YOU.

Please take some time out to give this some careful thought. That is, whatever and however it is referred to, that is God, spirit, intuition, or otherwise. The indefinable stuff that binds you together we call consciousness.

However, while consciousness is required to make you, YOU, and in some respect consciousness is fueling core fears, it is doing so sub-unconsciously.

This brings us neatly onto many proposed theories that humans are not separate individuals, on a random journey of a purposeless, unfathomable life. But are in fact fragments of consciousness experiencing itself through yourself.

We do not know the answers, but what we do know is how to dissolve the dynamics of fear.

Later we will come back to this, but for now, let's park it with the understanding that consciousness/conscious awareness creates.

While consciousness may create, and it is needed to fuel fear, the drivers of fear are coming from the sub-unconscious. Still work in progress, though it appears that consciousness must evolve to a level of perceptual awareness in order to understand itself. That is, for the average human being, core fear cannot be easily accessed. However, just because it resides in the sub-unconscious does not mean hypnotherapy, or altered states of being are needed to get at it. On the contrary, and as we will discover later, all core fear can be readily accessed using every day wakeful awareness.

Though what is the driving force behind all hidden core fears?

It has been discovered that '**associated experiences**' along with '**perception**' are the main culprits.

Please allow a quick explanation...

First of all, let's briefly explain what an associated experience is:

An associated experience is a real life past event/experience, most likely from childhood, that has created and embedded an automatic response. Responses can be described as 'knee jerk reactions', yet as they do not always come from the conscious self, then identifying them takes a little patience. Nevertheless, fear is created by something that is seen with the eyes, heard by the ears, tasted by the tongue, touched by the skin, smelt by the nose, and then perceived by intuition. In other words, when little Nathan sees the TV plane crash, this may not be enough to generate fear. Yet, if he sees, or hears something that links his life to that event, then a FEAR link is made. This is what's called an 'associated experience' However, there is more. If little Nathan perceives the event as GOOD, then it will register as a desire. If he perceives it as BAD, then it will register as a fear, and if he does not perceive any significance, then it will not register at all.

Though please bear in mind, that it's not just sight alone that creates core fears.

If you place your hands in a dark cupboard and something furry crawls over it, then the mind automatically searches for past relevant associated experiences. In a general sense, the mind will come up with moving furry thing = spider = fear, only because the mind has learned it previously. However, the mind is clever because it can use a sight experience as a touch experience. In other words, it could see a spider on TV, and then perceive that experience through any of the other four senses. Though, when the box is opened any fear felt would quickly turn to laughter when what was thought to be a scary spider, was in fact a feather duster.

While we understand this is very basic, this is exactly what is catching most humans out. That is, the mind pictures and sends feared signals first, but it's not always correct and day in, day out, the mind is sending these incorrect messages.

It's a little technical why the mind does this, yet we will attempt to be as brief and as simple as possible.

Imagine starting life from a blank slate of new experiences and there is nothing in the memory bank at all. As the very first experience has nothing to compare itself against, it must make a decision. The decision is very basic: either it likes, or dislikes. If what it sees, hears, touches, tastes, or smells is perceived as good, then an electromagnetic impulse creates an associated emotional memory that locks into place. In a physical sense this is called a neuron, which then goes on to influence similar future experiences.

For example, if little Nathan perceived the TV plane crash without linking the experience, then it is quite likely the event would not hold any relevance and would be quickly forgotten.

However, it is not forgotten, and gets stored as a core fear only when one of the five

senses, that is sight, sound, taste, touch and smell, along with perception make a decision that the experience is emotionally not good. Yet, what do you think influenced perception to make that decision of perceiving something to be 'not good'?

Well, we could relate to it as intuition, yet what we are really referring to is one's overall consciousness.

In other words, it is the stuff spoke of earlier that creates, and maintains you being you. However, let's not boggle the mind only to outline that there are dynamics in action, that whether consciously understood or not, are in operation anyway.

However, you need not be too concerned about this because as we will discover later, when worked backwards, all core fears can be broken apart and dissolved. In doing so, is a little like taking the brakes off a car and the individual in question is free to do and create whatever they desire without obstacles or frustrating challenges.

Section 4 - The Effects of Fear

It could be said that fear is perhaps the most debilitating, and life crushing of all human energies, yet paradoxically, it is also the least accepted, least embraced, and most feared.

Yes, ironically fear is feared, though why is this so?

Because like all human energy, there is a commonly known principle that like attracts like, right? Well, yes and no. While it is true that positive people go onto attract positive things and wealthy people appear to attract more wealth, yet when we look into the dynamic of fear, we find it is not just a case of like attracting like. It has been noted that wealthy and genuinely positive, happy, peaceful people are experiencing these states because they are not driven by hidden core fears.

If they are not driven by fear then what is it that's driving them?

Well, you may guess it to be, desire. As desire is the known polar opposite to fear, it could be said that happy successful individuals are living out a life of desire, and not a life founded upon fear. Nevertheless, please prepare yourself for a revelation. As it is our suggestion that ultra-successful, and we don't mean financially, but happy, content, relaxed, magnetizing individuals that appear to sail through life are not living from a platform of fear or desire, but instead they are in a state of **'preferring'**.

It does not mean they are immune, or are completely free from fear, but it does mean that they are not unconsciously driven by it.

Often it is said that the difference between success and failure, is not a lack of hard work, determination, financial backing, or otherwise. When dreaming of the ultimate desired life, it is not for the lack or amount of desire, and when any thought of moving forward springs into mind, it is not down to a lack of vision.

So what makes you - YOU? As from 10 years of international in house social studies, results strongly indicate that a person's existence in life and reality could well be a direct

reflection of their own inner fear. That is, as much as this may be resisted, rejected and disowned, life could indeed be the direct effect of fear in so much that the quality of your life depends largely upon the amount of hidden and embedded core fears.

Though this may be a bitter pill to swallow, the end result of fear, or better stated, the effect of fear is who and what you are today.

To help with this, there is a very simple test one can perform on the self. Ask yourself the following, but please be as truthful to yourself as you possibly dare to with the answers that arise.

Are you truly living the life you would prefer to live?

Are you free from inner turmoil and insecurity?

Are you truly happy and content with your life?

If you truly answer yes to all three, then please put this module down and carry on doing what it is you are already doing. Though if like most, the answer is NO, then continue on with the trust that this module will at the very least have a positive transformational impact upon your life and reality.

So for now, let's keep this section brief, and move onto the practical side of dealing with and dissolving core fear.

Are you ready to enter the center of your own being?

Section 5 - Unearthing, Unlocking And Dissolving The Root Core of Fear

Now we have reached the section of doing, and this is where we will begin the journey of unearthing, unlocking and dissolving core fears. The outcome of which that when free of core fears, the gap is naturally filled with the polar opposites of positively productive energies of what it is you prefer in life.

Can you truly imagine what it is like to operate from a platform of preferences, and not doubt, and can you imagine waking up daily in a state of security free from niggling fears?

Step 1 - Observing Fear

Step one is to observe, and it means just that observe. Beginning this journey does not mean judging, opinionizing, assessing, or any other form of critical analysis.

Just like when you would observe another, perhaps like that of people watching. It simply means to take one step back, quietly and without questioning, do your very best to just observe yourself.

However, in doing so, prepare for your own inner dynamics such as defense, resistance,

and self-criticism to jump out and get in the way. We say '**jump**' because up to present day, the role of your inner dynamics have been to snap into action as and when required. In fact, they often perform their 'knee jerk' tasks even when they are not required to do so, but as they operate from the sub-unconscious, this has been their duty. Yet, for a time being we are going to politely but authoritatively ask these to step aside and allow access to what's beyond.

We do this to gain access to sub-unconscious material that in general is hidden away from the conscious mind. Though we like to term it access to the bank vault, for this is where your true wealth and power reside. Nevertheless, this is not about therapy, hypnosis, or mind psychology. What is about to happen is performed in everyday awakened states of consciousness.

Though, before we begin, it may help to imagine yourself as an aero-plane. That is, millions of parts go to form an aero-plane, the same way trillions of cells bind together and make up a human being. Albeit the plane is largely made up of metal and humans made of biological cells, their atomic structure is not too dissimilar. That is, the plane would not be a plane without sections, sub-sections, and millions of individual pieces binding together. Just like humans would not be humans without having sections and sub-sections of trillions of single cells.

Now imagine the plane requires a pilot, a co-pilot, and passengers. Just like you require the conscious, sub, and unconscious mind.

Now imagine that all along and up to present day, you have been a passenger in your own plane. That is, your plane, which is your human body, has to date been piloted, and co-piloted by something else.

However, as the passenger and up to present, you have been enjoying the journey, though not really knowing the route or the destination you are heading. In other words, you have been in your body, doing life, heading somewhere, but not 100% certain of the direction, or destination.

Now imagine being on the plane, and the stewardess informs you that the co-pilot is experiencing a predicament. However, he sends his reassurance that this is not an emergency, all things are under control, and all that is required is for you to join him in the cockpit, slip into position and begin observing.

As you leave your seat for the last and final time, you come to the realization that your role as the passenger is over. As the plane now needs you, no longer can you sit back experiencing the ride. Nevertheless, and without alerting the other passengers, you must calmly and confidently take up your position of observing.

However, as the cockpit is a highly secured, restricted area, to enter, an access code is required.

In other words:

Think of the pilot being your conscious mind, the co-pilot being your sub-conscious self,

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