



University of Quantum Dynamics Foundation

Fear, Just a Perception By Suzanne Edwards

What is fear? “Fear is an emotion induced by a perceived threat’. The operative word being, “perceived”. It is our own perceptions that keep us in fear of someone, something or even the unknown. Since birth we are socialized into the notion of fear. From a very young age we are told not to play near electrical wall sockets, not to talk to strangers, not to swallow watermelon seeds as they would grow watermelons in your belly, or don’t cross your eyes as they will stay that way. As you get a little older, you are taught to obey the school rules, and if you do not, you are threatened with detention or even expulsion. You may have even been told that if you kiss someone, you could get pregnant. You are taught to regurgitate what the textbooks say, and not to question their content. You realize if you do, you will not get an A, but rather you will get a poor mark like a D or an F. In essence, you are taught to fear your own authentic self, your own ideologies, creativity and theories, for fear you will not become a successful member of society. Then there is religion, a man made institution which teaches you that if you do not obey their particular ideologies that you will be cast down to hell or worse! When you get into the workforce you are forced to abide by the company rules, or you could get fired. The news propaganda machine also keeps you in fear as it always speaks of terrorists that may invade, or impending war may breakout, or reports on murders and massacres. Even in relationships one sometimes fears being fully themselves as they fear not being accepted by others. So, from the very moment you start to crawl, you learn that you should fear certain things. Only when we are first born we are fearless, and trusting, but this innocence is soon lost to the forced socialized conformity.

Some people will live in fear their whole lives, while others may begin to awaken and start to take their power back. Your EGO mind is what keeps you in fear. Sure there are many fearful events around the world at any given time, like exploding volcanic eruptions, earthquakes etc but it is our own perception of these events that causes us to fear. Fear imprisons you. The shackles are created in your mind, not from some mysterious outside force. Here’s an example. If two people are witnessing a volcanic eruption, the first person may fear that he will die from it, while the other might marvel in its incredible wonder. Same event, different perception.

Fear keeps you from blossoming into your authentic, divine self. Your birthright. But it is never too late to reclaim. Like the founding of a new land, place your flag on yourself as it is an amazing thing to stake claim of. You are an amazing essence with so much light, creativity, extra sensory capability. Once you find it again, your fear will become less in less. You will feel empowered and fearless. Like the king of the jungle.



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Although we still live in a 3D existence, fear sometimes creeps up on you unexpectedly even though you try your best to keep it at bay. Try not to be too hard on yourself. I said to a friend the other day, that 5 years ago I thought “EGO” was a person who was egotistical. Then I learned and grew spiritually I realized what EGO was, and eventually I came to recognize it and control it (most times). Fear is the same. It is a perception manifested by the EGO. So learn to recognize this old type of programming, and switch gears to a more fearless approach. It is liberating!

We also should be aware of our natural instincts as they too play a part. Our natural instincts towards a “fight or flight” response in particular, also need to be kept in check. Your instinctual self may perceive some sort of threat causing you to want to flee. Try and rationalize this threat. Is it real or perceived? Did EGO create it?

Many people who live in a state of constant fear may experience blockages in their root chakras. The muladhara, or root chakra is located at the base of the spine. Its keyword is "survival." It relates to the physical self, self-preservation, survival instincts, our connection to our bodies and the earth, and our sense of safety, security, and belonging in the world. Its related color is red, and its related element is earth. This chakra is a very important one. If unbalanced it can manifest many physical ailments such as: high or low blood pressure, Crohn’s Disease, constipation or anemia etc. Meditation exercises that focus on clearing or balancing this chakra can be very useful. You can also use affirmation that speak of acceptance of yourself, your connection to the earth and being fearless can also assist you in healing this chakra energy space. Wearing red or sleeping in red sheets etc can also help.

Overcoming fear is a large feat for many. It is difficult (but not impossible) to undue years of social conditioned fear. Like weight loss or quitting smoking, overcoming one’s fears takes patience, dedication, and perseverance. I personally have created a fun way to keep both my fear and EGO from rearing their ugly heads! I play what I refer to as “the EGO game”. When my EGO takes over (and it does sometimes), I call it out! I recognize either instantly (or seconds later) that it is not me that is the driver of the bus and that my EGO has just hijacked it. I try not to take see it as failure (although sometimes I am too hard on myself). I also do the same with judgment and fear. Don’t be afraid to call them out! My friends and I also play the game together in a fun and non judgmental way and we almost always have a great laugh. It is a great tool to help you learn to recognize fear, EGO, or judgment (or whatever else you are working on).

So what can you do to strip fear away from your life? Spend time alone, in nature. Start to learn what brings you joy and do more of it. Take notice of the activities that make your muscles relax and do more of them. Like a whale in captivity whose fin begins to bend as a result of his dismay in their new unnatural habitat. Likewise, you will learn “who you really are” by learning to listen to your body and your inner self. If you are fearful all the time you will of course be tense. Release the fear thinking and voila, your body will be still and relaxed.



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Do not fear sharing your voice and thoughts with others. Those that truly love you will appreciate them. Do not censor your words for anyone. They are your thoughts and deserve to be shared. When you start to make discovering your true self your main project, you will become liberated. Further once you realize that everything is energy (including you) everything, everyone (and even the unknown) that you once feared, seems a little less threatening and scary. The time to take back your birthright is now.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that frightens us. We ask ourselves 'who am I to be brilliant, gorgeous, talented and fabulous?' Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; its in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. ”~ *Marianne Williamson*