

Fuck Fear

by

MG

(Getting free from fear, anxiety, phobia and panic attacks)

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Sorry for poor grammar, I'm not a high school teacher



Final Chapter on fear, phobia, panic, anxiety or you may call it any bullshit.

In this book, I am not going to discuss about unshakable confidence and courage but we are going to understand directly what fear is and in that direct understanding of fear is freedom from all kind of fear and anxieties.

This is logical approach. Instead of forcefully imposing the idea of confidence on your mind by suggestions and affirmations why not face fear?

By now you may have get clear idea that I'm not a therapist, psychologist or expert so I will not use any philosophical or psychological jargon and complicated ideas to confuse you.

My approach is very straight forward.

We will dissect and tear off this thing 'fear' which is shaking the ass of humanity since millennia.

Confidence is just a superficial concept unless you understand what fear is. So we will directly enter into the valley of fear, phobia, anxiety and panic.

Super confidence or unshakable confidence is just a word. It does not exist. The idea of confidence is actually barrier to understand the fear which is reality.

What exists is only fear.

And you have to deal with fear, you have to understand fear. In that understanding itself you go beyond fear.

Once you understand what fear is then it will not take you training of years to develop courage. Then you will find that courage is your natural state and intrinsic nature.

Facing fear itself is the act of courage. So instead of creating a ghost of confidence we will gaze and look deeply into the fear itself. We will take a three dimensional view of fear.

You will find people saying, “I am not afraid of police, I am not afraid of darkness, I am not afraid of examination, I am not afraid of interview or I am not afraid of public speaking,” but all these statements are very limited and superficial.

A person who is not afraid of on the battlefield may fear to approach woman on the street or give a public speech.

“I’m more confident than you”, this statement is foolish, because you can not measure confidence. You may be confident of a particular thing but you may fear other things.

So you have to go into the root of fear. The root from where all branches of fear are born. Then you don’t have to deal with this phobia or that phobia. Then you can cut the fear itself from the root.

As long as you are rooted in fear the word ‘confidence’ has no meaning. It is just an imaginary state. Ignorance is the root of fear. Ignorance of your real nature and ignorance of the working of your mind is the root of fear. It’s like your mind is working against you.

Fear is not outside, fear is inside. Situations and circumstances do not make you fearful but your interpretation of that particular situation makes you fearful and panic.

When you are ignorant then imagination becomes your master. Thought and imagination are the basic ingredients of fear.

There are thousand types of fear and phobias but basically all fear is related to ‘the fear of death’. I am not a therapist or psychologist to make things complicated. I reduce all types of fear and phobia to ‘the fear of death’. And this fear is born in your thought or imagination.

When there is no fear of death you are confident, that's all.

To make it simple: fear is born in YOUR imagination. It is YOU who is projecting fear. You are not separate from your mind and you are not aware of what you are picturing in your mind. This is fear.

Mind is a magnificent machine as long as you are alert. If you are alert and aware it is your friend. If there is not alertness it will create a nightmare.

Normally people unconsciously create fear in their mind and then to face that fear they create an image of confidence. This is the beginning of conflict. Then you start a never ending fight with yourself. At one side you are projecting fear and at the same time you are projecting an image of yourself as confident.

Affirmations and self suggestions do not work simply because you know that there is fear. And you are just repeating, "I'm confident man". This will not work. You have to become aware and see of how exactly you are creating fear unconsciously.

Unconsciously means unknowingly.

There is no unconscious mind only we are living and doing things unconsciously. We are not expert in psychology so why go into the unconscious mind?

Leave it.

There is no unconscious mind so you don't have to throw anything out, you don't have to do catharsis. Fear or any emotion is not a 'thing' and you can not throw it out, in the air.

There are some therapist teaching people to throw anger, fear, and lust in the air as if they are things. They teach you to beat the pillow, cry and shout.

We don't want to go into that. It may take time and it may bring nothing out. In the end we may feel like a stupid.

Instead of that we will see the fear directly face to face. We are not expert so we will not use any concept or idealism to understand the fear.

We will see it as it is, necked.

Now, begin!

Which pictures you are running constantly to maintain that state which you call fear or phobia? Which thoughts you are repeating in your mind to create fear? Which emotions you are entertaining in your mind to make yourself weak and fearful?

Just watch.

And before you go deeply into the fear remember, mind is not your enemy.

Don't fight with your mind.

Watch playfully, watch friendly. You should love your mind just like you love your computer or laptop, because it's a wonderful mechanism, very fascinating.

More you watch playfully more you go deeply. Don't you?

Now you are learning about what is fear so don't fight with the mind and don't impose the idea of confidence on yourself.

Imposed idea of confidence is not real confidence, it is fake it may help you many times but still it is fake. And we are after real thing.

If you want to learn about your fear then you should love your fear, because it is your child, it is born in YOUR womb, in YOUR imagination. Imagination is womb; all creativity is born in your imagination. And fear is a creation of YOUR imagination.

Fear is a horror movie, and you are the director, actor, musician and writer of this movie. It's very interesting. The fear is the strongest emotion and to SEE this fear IN ACTION is the most fascinating experience in the life.

Now you can even play with it, you can shrink the image that creating fear in you, you can distort it, you can make it black and white, you can push it far away so that it can not bother you, if it is a movie then you can play it in reverse order, play it very fast or in very slow motion, make it a still image, you can reduce the sound or you can add comic sounds in the background and it will loose the impact. Be little creative and playful.

We become victim of our own imagination but we never come across face to face with fear. You may be suffering from fear since ages but have you ever seen fear?

Next time when fear or panic attack comes just close your eyes and LOOK INSIDE, watch fear in ACTION.

See how thought and images coming together and building a great show in your mind, see the vivid, colorful and rich show of images and thoughts on the stage of your own mind. See quietly the overwhelming ups and downs of energy and emotions. See, how you are drifting with thoughts and images and getting into the hypnotic trance of fear.

Just become *a silent witness* of this process which you were running inside your mind till now, unknowingly and unconsciously.

Don't stop it; don't suppress it, JUST WATCH.

Whenever there is fear just accept it because you can not run away from it, you can not avoid it, you can not suppress it. Just surrender to it totally because it is like a tsunami. You can not fight or resist it.

Become one with it, flow with it.

Watch it, surrender to it, go with the flow and become a witness. Surrender and watch but don't fight or run away. Don't try to avoid, because running away is fear. Then you are fearful of fear, the problem becomes more complicated.

Enjoy this show as if you are watching a 3D movie in the theater.

It's you man.

It is your imagination.

Why wasting money and going to a therapist? Why going to theaters to watching a horror movie? Horror show is going on all time in your mind, enjoy it.

Why to listen confidence hypnosis?

Why do affirmations?

Just walk on the road, see a gorgeous sexy woman and tell yourself, "I'm goanna talk this woman," this simple thought may trigger a cold wave of panic and fear in your ass, STOP! Watch inside, be conscious, and fear start disappearing like mist.

So much is being missed because of fear.

Fear is imagination and fear is also remembrance. Something is happened in the past and you think that it may repeat in the future. The thought, 'It may repeat in the future' is fear. It is time, psychological time. Thought create time, or you may say that thought is time. I am alright now but what will happen tomorrow? This is time. Today everything is ok but you may get panic for tomorrows meeting with your boss. This is time. Time is fear. If you live moment to moment then there is no fear.

Time has its place in life; you have to keep an appointment, complete the task within a time limit but you have to be alert when this time creates fear.

Once you understand this simple fact that anything can happen and there is no security, then there is no fear. Understanding this simple fact that every moment you are dying and you can never stop this process of death you become totally relax and you let go. Total acceptance of death is freedom from fear. Death is part of life. Life and death are together.

If you accept death then what is there to make you afraid?

Make death your friend, every moment death is happening. With every breath you are coming closer and closer to death. The process of death begins with your birth. It is happening right now. Flow with it, then there is no fear.

Resistance is fear. Every kind of resistance is fear. When you resist you get hurt. In Judo they teach you how to fall on the ground without resistance. Do not resist anything, go with the flow. Then you will not get hurt.

This is not a step by step guide to become free from fear and phobia. We are trying to see the fear from all sides to get the clear picture of it. We are not expert, and we don't know what to do in extreme fear so we are just watching what fear is.

Fear is lack of love. Opposite of fear is not courage but love.

Hate and jealousy are different faces of fear. As long as you hate the fear will remain. All religions are standing on the foundation of hate and fear. Take any fundamentalist from any religion and you will see him burning with hatred and trembling with fear.

These aggressive fundamentalist people may look confident but in reality they are most insecure people inside. Their insecure feeling is making them aggressive. That's the reason they are always fighting. They are trying to convince themselves and others that they are confident.

Killing innocent people in bomb blast is actually very coward act which only a poor soul can perform. Abraham Lincoln says in his letter to his son's teacher, "Let him learn early that the bullies are the easiest to lick..."

Gun is the symbol of fear.

Atomic weapons are invention of a coward and insane humanity which is based on hatred and fear.

Anyway, leave the insane society and let us come back to ourselves.

One more reason for fear is outcome dependency. Outcome dependency means you are not completely involved in the action but you are divided, and one part of you is already into the future. Outcome dependency means desire to win, this desire triggers the fear. Stronger desire for winning creates stronger anxiety and fear. Then you will miss the target. When you moved into the future and you are focused on the gold medal the target is already missed.

Even though you fail in the examination it does not matter but you should enjoy the learning. There is great competition in the education and this is the reason children are getting panic attacks. Parents want their children to be ahead of everyone by hook or crook. Even if they don't learn or understand anything it doesn't matter but they must come first. This is stupidity. The child is getting destroyed, the idea of 'perfection' making him mad. Comparison with others creates anxiety, panic and fear.

So, comparison and competition are also creating anxiety, fear, restlessness and panic. The competitive mind may win the battle but inside somewhere there is restlessness and tension. It's not healthy. There is huge loss of energy.

When you are fully alert and in the moment there is no fear. In the beginning it may seem difficult but there is no way. By and by your focus of alertness will become stronger and stronger and fear will disappear.

The moment you are reading this book is the only moment you are alive, everything else is just imagination. You should stay with every word, and then you are fully in the present moment. Then there is no space for thought to create fear or phobia.

This moment there is no fear; it's only when you move in to the future or past the fear appears.

Fear is great opportunity to get alert.

It is a signal that you are not alert and watchful.

If your spouse is threatening you to commit suicide don't get panic, he/she is not dead yet. People live in the shadow of panic and fear for years, which never comes true.

Attachment is another factor which is creating fear. My husband may be sleeping with his secretary; my wife may run away with her new friend, this is fear. The thought of 'may be' is fear.

What will happen to my children? This is fear. If you really love your child then you will not feel insecure about him, it's only when you want to fulfill your own unfulfilled dreams through him you will get panic and fearful.

Whenever you are dependent on a person for pleasure or fulfillment there will be fear. You want to fulfill your dreams through your children, your wife is the source of your sexual pleasure, and the fear begins. All relationships are based on pleasure, fulfillment and expectations so there is fear and never ending conflict in every relationship. Lovers are spying each other all the time.

You are attached to your body and the body is going to die. The body is that part of you which is going to die. It is dying every moment; mind is that part of you which is also dying every moment. If you are attached to pleasure (your body) or idealism (your mind) then there is fear.

Idealism means all religions, god, communism etc.

God is the greatest source of fear.

You can not enjoy simple pleasure of smoking, drinking or fucking because God is watching. God is pervert, god is sick, he watch you when you are screwing your wife. And he is everywhere. You can not watch him but he is watching you.

If you kick out god then ninety-nine percent fear and confusion will disappear from your life. And you will be able to stand alone on your feet courageously, and fuck!

Because of fear man invented god and then he become 'god fearing' man.

So kick out the god.

As soon as you kick out the god automatically religion and priest go out, with religion and priest all holy shit is out, with all holy shit all sin is out and with sin all fear is out.

It's a chain reaction.

Nobody is watching you, now you can enjoy. Don't be afraid. It's ok.

Pleasure is ok sometimes.

But the endless pursuit of pleasure is also one of the causes of fear. To avoid the fear there is chase of pleasure. This chase is flight from fear; it is fear of fear. People want to forget the fear and anxiety so there is over indulgence in sex and alcohol.

There is no need of sex, alcohol or smoking if you are not anxious. Yes you may enjoy smoking or drinking if you wish sometimes but there will be no addiction. Then you may enjoy sex but it will not escape from fear or anxiety.

Behind ambition there is fear. When there is ambition you will not find any creativity. Look at politicians, you will not find any creativity. Ambition means the effort to control others, and when you try to control others there will be fear. Ambition and politics go together. The fear compels them to play stupid, childish, immature games. That's why you cannot find more immature people than politicians. Out of fear they are behaving like monkey.

There is fear of public opinion and this is worst kind of fear. People who don't want to marry get married because the fear of society. Every person is not suitable to fit in this insane society and its rules. So it needs great courage to break the simple rules of society and drop out. One should live life as he wish, never bother about society. Live in your own light.

Once you start living watchful and alert you will see deep insanity and foolishness around you. And it will be very difficult for you to adjust with these people. And they

will also not tolerate you. At this stage you must get rid of this fear of public opinion. Otherwise you will make silly compromises and then regret forever.

Remember ego depends on public opinion but witness is your authentic being. It is not borrowed, it is you. When you are rooted in the being then public opinion does not matter. As long as you do not discover yourself you will be a victim of public opinion.

If there is self image in your mind, it's going to be hurt. If there is self image then there will be fear of losing this image. All great leaders and mahatmas are trembling with this fear of losing their image.

A single word can damage your self image. Stronger the self image, easier to get hurt. You can not insult a man who doesn't have a self image. Having a strong powerful self image is considered as healthy by all motivational leaders and therapist but in fact it is the greatest weakness.

If you know the real nature of yourself then you will not need to impose a false self image.

Self image is ego, ego is resistance and when you resist you get hurt. Ego is a false image so there is fear of ending. That image is always limiting and it's never perfect.

Beyond this self image there is a self, a witness without image, that witness is you. It can not get hurt. Don't identify yourself with self image. Find your real self which is not an image and which is not dependent on people's opinion. That is your real face and once you get it you will never need any mask.

Don't be depend on people's opinion, saint or sinner, be on your own. Alertness gives you a quality of authority that nobody can take away from you.

Then there is fear of loneliness. You want to be in a relationship. Most of the relationships are nothing but escape from this loneliness. Basically you are alone; even if you are with someone, deep down you are still alone. It is your nature and you can not run away from this aloneness. Once you accept this aloneness you will never feel lonely. Then you will not become attached to your partner. Then you will not be

dependent on friends, gossip and entertainment. Boredom will disappear from your life.

We look into many kinds of fear but one thing is common that every fear is related somewhere to the fear of death. Suppose your partner is leaving you, it is not fear of his leaving or fear of divorce but you will get lonely. There will be no protection. Deep down somewhere there is death, ending. Death is the source of all fear. You are afraid of ending.

So understanding the death will resolve the problem of fear. There is fear of love because in love ego start melting.

What is similarity between love and death?

Ego starts melting.

Ego is afraid of death. Ego is self image. If you are living with ego you will miss the life and if you miss the life there will be fear of death. If you live every moment consciously then you will not fear death.

Fear of death is fear of losing all accumulations and attachments. If you are not clinging to anything and if there is no attachment then there is no fear.

Death is not your enemy; it is just an eternal silence. That's why silence feels like death. That's why there is fear of meditation and going into the silence. Silence is death of your ego. You have to keep paddling your self image through constant chattering. If there is no fear of death then you don't need to meditate. Mind will remain silent.

Lovers start chattering just to avoid intimacy because it feels like death. Even with your lover you can not remain silent and allow your ego to melt. Sex is also death of ego. Egoistic women or men will withhold sex to protect his self image and remain virgin. This is called holy celibacy. The person withholding sex in relationship is not in love but protecting ego. It is a great trick of manipulation. It seems very innocent and decent but deep down it is ugly and cunning.

Love is melting in each other and sex is the flower of love.

Of course this is difficult to happen in this fear oriented egoistic society. Lack of intimacy is basic cause of conflict and fear in relationship. Ego is a great China wall between two lovers. Sex is a tool to manipulate each other. This is fear.

If you really want to get free from the root of fear, that is 'the fear of death' then you should practice living with death.

You should not cling to anything. Fear of death is fear of ego. If you live moment to moment and do not carry self image then there is no fear. If you end your self image then there will be no fear.

How to end this self image, just see that it is not true; it is source of all kind of fears. It is already dead. There is no method for ending self image. All methods only sustain this image.

Once you accept death you don't need god.

Once you see clearly that there is no continuity but ego creating false sense of continuity then you will not try to maintain that continuity.

Every moment is independent. Every moment you are dying, every moment you are born. You don't need to carry the heavy burden of past which is the Pandora box of fear, anxiety and panic.

Where are all those years which you lived?

They are already dead.

Death is already happened, silently, without your knowing, smoothly.

Why attach to that memory?

Why analyze and why remember all those years?

Why give them false continuity?

There is nothing to learn from the past because you lived unconsciously. Now don't miss and start living consciously.

Till this moment whatsoever happened is already finished, whether good or bad, but it is finished. If you remain with this process of finishing and ending every moment then there will be no fear of ending and death. Then you are living with death.

Living intensely is to live with death. You can not enjoy life fully without dying every moment.

Die before death comes.

Drop everything which death can snatch from you.

Tear off your false self image.

Meet the death, and you will find that the body can not die because it is already dead and you can not die because you are life. The silent witness is not the part of time, it belongs to eternal life. Then the enormous knot of fear in your stomach will get released.

Go deep into the fear of death, it has something to say to you. It has a message of eternal life. You are one with this existence which is eternal so there is no death but if you create separation you will tremble with fear. This separation is illusion. Drop the idea of separation and go with the flow. Then there will be no fear.

Fear is just like darkness; you can not fight and win.

Light the flame of attention and the darkness of fear shaking you since ages will disappear in a moment.

Summery:

- 1) Fear is your imagination
- 2) You are the director of this movie
- 3) Fear is like darkness, you can not fight with it
- 4) If you bring light of awareness fear melt away like mist
- 5) You can reduce the intensity of fear by playing with it (changing color, reducing its size or sound etc)
- 6) All fear is fear of death
- 7) Fear of death means fear of ego
- 8) Living with death is ending of fear
- 9) Opposite to fear is not courage but love