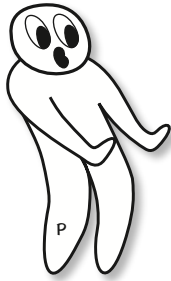


Fear is like a frozen emotion, and when it begins to thaw it rises up in a highly reactive vaporous form called *desire*. Every unpleasant emotional experience is a form of desire, built upon a foundation of fear. As we develop courage through our ability to suppress our fears, the nature of our desires will move through the five corresponding stages described below.

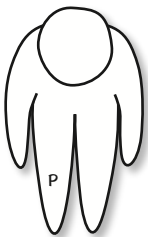
## 1. The Desire to 1 *Outside from What I Fear*



I wanna' get away!

True fear is a '*stress in our flesh*' that inhibits our physical movements and bodily functions. This is where the old expression '*frozen with fear*' comes from. Furthermore, fear is never really experienced as an emotion, hence, another common expression, '*numb with fear*.' What we most commonly refer to as *fear* is actually a '*desire to hide*' from what causes fear in us. This desire ranges in intensity from pure terror to being a little nervous. Every form of anxiety, worry and strategy of avoidance is a desire to hide from what we fear. This form of desire arises when our fears are close to the surface of our being. A good example of this is the experience of '*embarrassment*.' Whenever our body is frozen in place, and we desire to flee, we *blush*. This is because our blood has come to the surface of our skin in an attempt to get out of our body and be someplace else. In the absence of fear, the '*desire to hide*' becomes the '*serenity to stay*.'

## 2. The Desire to 5 *Inside from What I Fear*

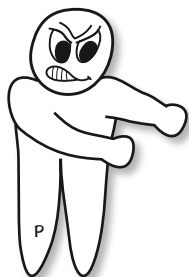


I wanna' disappear!

When we can no longer find an '*exit strategy*' or place to hide in the outer world from what we fear, we will tend to engage in a '*opossum response*.' This is a way of '*playing dead*' to the world by withdrawing from life and hiding inside of ourselves. Every fear that we experience in life is a variation of the most primal of all fears, which is the '*fear of death*.' Consequently, the desire to hide inside is actually the '*mood of death*,' experienced as either *sorrow* or *shame*. Sorrow occurs when we feel that our lives are not good enough to please us, and we fear that they won't get any better. Such sorrow results in moods of grief, depression and despair that cause us to withdraw from life and become isolated within ourselves. On the other hand, shame occurs when we feel that we are not good enough to please others, and we fear that they will not love us. Such shame often results in a shyness and timidity that causes us to resort to strategies of appeasement in order to function in the world. In the case of both sorrow and shame, we try to hide inside of ourselves in order to avoid what we fear in our lives. In the absence of fear, the desire to withdraw from life becomes an inspiration to embrace life more fully.

## 3. The Desire to

## 3 What I Fear

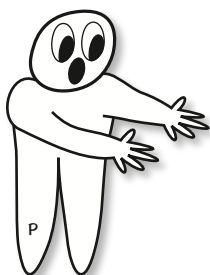


I'm gunna' *GET* you!

Once we develop the courage to abandon our strategies of hiding from what we fear, our spirit takes arms in the form of a '*desire to harm*' that which we are afraid of. Our courage comes by suppressing our fears and not allowing them to inhibit our actions against that which we feel might harm us. The desire to harm has many faces, from pure hatred and rage to upset, anger and fleeting minor annoyances. The forms of harm that we might inflict upon others also has a range from physical injury and death to mere verbal criticism and complaint, or even a subtle condescending attitude. Nothing triggers the desire to harm more powerfully than the experience of *shame*. Whenever we are shamed, humiliated or disgraced in some way, the desire to harm the offending party instinctively arises within us. All human conflict and violence in the world is rooted in this phenomena. In the absence of fear, the desire to harm becomes inspiration to play.

## 4. The Desire to

## 4 What I Fear

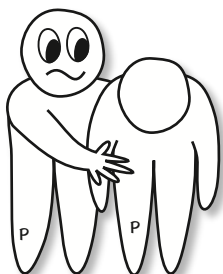


I wanna' *get* YOU!

As our fears become more deeply repressed, we mysteriously develop a '*desire to possess*' the very things that we secretly fear. Actually, what we are really seeking is the wholeness that is the true nature of our being prior to the embodiment of the fears that are now hidden within us. The '*desire to acquire*' is frequently confused with Love, which is the very antithesis of the lust, greed, jealousy and strategies of acquisition associated with this form of desire. When we unknowingly say that we love the objects of our desires, what we fail to realize is that what we are actually seeking is the *experience* of Love through the material possession of those objects. Unfortunately, whenever we seek fulfillment from that which is temporal and subject to change, we will always be frustrated in the end. In other words, we suffer when we don't have what we want. And then when we finally get what we want, we continue to suffer out of the fear of losing what we have.

Additionally, whenever we obtain the objects of our desires we often end up *hating* them. This is because of the hidden fears upon which the desires were founded. Consequently, it is often said that "*love and hate are but one emotion.*" Actually, it would be far more accurate to say that the '*desire to have*' and the '*desire to harm*' are closely related, and one frequently becomes the other as our hidden fears rise to the surface. The most common example of this phenomena is what is known as the '*Battle of the Sexes*' that forever rages on between men and women. In the absence of fear, the desire to possess becomes an inspiration to express life more abundantly.

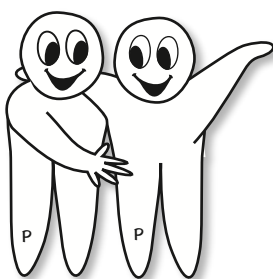
## 5. The Desire to <sup>5</sup> Others With What I Fear



I wanna' *help* you!

Cursed are those who give  
for the joy of their own soul.

Blessed are those who give  
from the joy of their own soul.

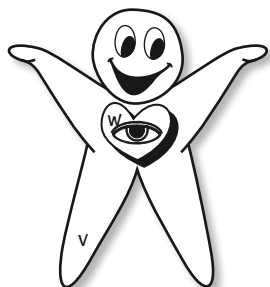


I'm happy to *heal* you!

The most illusionary of all desires is the desire to help others less fortunate than ourselves. Such desires should not be confused with *charity* or *compassion*, which are expressions of Love. The desire to help others in need is often based upon *guilt*, which is a form of fear. In other words, if we don't help others in dealing with what they fear, then something bad will happen to us as well. Consequently, what can often develop is a form of pseudo-charity wherein we help others so that we can feel better about ourselves. Additionally, the desire to help can also be motivated by *pride*, which gets expressed as *unsolicited* assistance. This form of helping is often given with an attitude that "*I know how to live your life better than you do.*" Or, even worse, a '*messiah complex*' that leads us to believe we're going to '*save the world.*'

The desire to help others is an indication that our hidden fears are leaving us, and are now one step away from us, and active in the lives of others. At this point we often begin to turn away from where the *action* is in the world, and begin to seek *answers* to the great mysteries of life. As the pursuit of Wisdom begins to dissolve the hidden fears within ourselves, we develop the capacity to dispel them in lives of others as well, and thereby reveal the wholeness of their being. Ultimately, we come to realize that the highest form of *helping* is the activity of *healing*. In the absence of fear, the *sympathetic* desire to help becomes a *compassionate* inspiration to heal all who *ask* for our help.

## Only <sup>6</sup> Can Dispel My Desires



I am living as Love!

No desire can ever be fulfilled as long as the fear that spawned it continues to exist. In fact, every attempt to fulfill a desire only strengthens the hidden fear beneath it, as well as the false belief that created it. Consequently, the only way out is *up* to a higher state of consciousness that ultimately leads to Love. For it is written, "*There is no fear in Love. Perfect love casts out all fear.*" ...John 4:18 This Perfect Love is the unconditional forgiveness that ultimately leads us to be grateful for the very thing that we first feared. Only then does desire end, as we become filled with the inspiration to express our life with ever increasing abundance. In this sense, Love does not really fulfill our desires as much as it dispels them, for desire is simply what we have *imagined* it would be like if Love were not all.

Whenever we are too brave to flee, and too wise to withdraw, and too nice to fight, and too virtuous to lust, and too humble to help, then we are ready to Love and become a True Healer.