



Today's Lesson

Truth & Freedom From Fear

Power Point notes available at:
www.unityofbakersfield.org

Truth & Freedom From Fear



Once you understand that everything you think and the attitude you maintain attracts everything in the physical, you realize you have the ability and choice to create a different reality for yourself.

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Fear was on the minds of the people when Jesus taught: Fear not, are you not more valuable than the birds of the air? So do not be anxious about life and remember that it's your Father's good pleasure to give you the kingdom.

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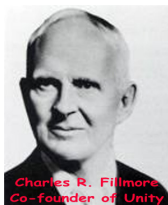
The Buddha is reported to have said: *"Gripped by fear men go to the sacred mountains, sacred groves, sacred trees and shrines. In this way they may understand their fears and courageously accept the things they cannot change".*



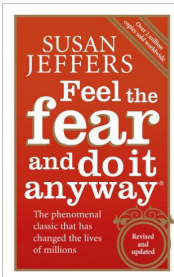
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Mr. Fillmore taught that fear:

- 1) Is a state of mind that acts as a parasite feeding on all that is negative.
- 2) Acts as a paralyzer causing a weakness in mind and body.
- 3) Is possible to overcome through the activities of divine unconditional love.



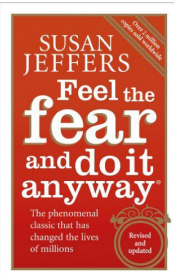
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Susan outlines five truths about fear:

- 1) The fear will never go away as long as you continue to grow.
- 2) The only way to get rid of fear of doing something is to go out and do it.
- 3) The only way to feel better about yourself is just do it.

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4. I am not the only one who experiences the fear of new beginnings.
5. Pushing through the fear is far less immobilizing than living with a sense of helplessness.

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F-E-A-R: has two meanings:

1. Forget Everything And Run
or
2. Face Everything And Rise



The Choice is Yours!

As someone once said, "Fear is not real. It is a product of thoughts we create. Danger is very real, but fear is a choice. So choose wisely."

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Two Men Meet and Change the World

Martin Hawes, author, photographer, and wilderness management consultant, has spent much of his life in the Tasmanian wilderness, and has devoted himself to wilderness photography, and writing on philosophical issues.

Steve Ruben lives in southern Tasmania with his partner and two children. Steve met Martin while Steve was hitchhiking in southern Tasmania in 2003.

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They discovered a shared passion for philosophical inquiry, and they have been meeting regularly since that time. **The Declaration of Freedom** is the first published outcome of their partnership, and in 2008 they launched the website *The FAQs of Life*.

This seven point declaration of freedom is for all people to share and find for themselves that they have the power to overcome the fears in their lives and find the freedom they so richly deserve.

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The Declaration of Freedom states:

1. You are free to explore a completely different way of living and seeing. You are free to meet the wholeness of life and put aside your fear. You don't need to think as others think, or live as others want you to live. Be free, and life will unfold in ways you could never have imagined.

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2. Don't be afraid that you might not succeed. Failure and success exist only in imagination. Act from love, and your actions will be their own fulfilment, their own reward. Allow yourself the freedom to draw breath and simply *be*.

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3. You do not need riches to live a rich life. Nor do you need status, for it is based on empty comparisons. Appreciate the wealth you have – your health, your loved ones, the miracle of being alive. Be free of the habitual desire for ‘more’.

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4. Don’t limit your thinking with beliefs. You believe because you want to be certain, but letting go of certainty gives you freedom to discover the new. Look beyond the boundaries of knowledge, for it is only a trace of what has been and gone. The nets of knowledge and belief cannot catch the ocean of life.

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5. You are free to question what others have said, even in books that are held to be sacred. Understanding comes through learning and insight, through compassion, through seeing beyond self-interest – not through the repetition of words. Learn from everyone you meet, from everything you experience. The greatness of life cannot be folded between the pages of a book.

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6. In relationship, be free of divisions between ‘us’ and ‘them’. Whatever our nationality, race or religion, each of us shares a common humanity. Similarly, question the lines you draw between ‘mine’ and ‘not mine’, ‘me’ and ‘you’. Your life is all that you see and touch, and everything you say and do makes a difference in the world.

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7. We share responsibility for the world, with its conflicts and its promise of freedom. Inquire deeply, so that through self-awareness you end the confusion from which conflict arises. Question the way you are living now, and have the courage to follow your heart. The more we are free in our own lives, the greater the freedom we endow to our families, to our communities, and so to all humanity.

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And of course we can’t forget the 5 kinds of fears that plague many of us on this planet:

1. Panic
 2. Terror
 3. 15 Missed Calls From Mom
 4. “We Need To Talk”
 5. “Wrong Password!”
- And the mother of all modern day fears...