



Spiritual Healing of Fear Part 2

The Essence of Our Being

A spiritual journey is like any other journey. You need a destination and a path to get there.

There are many different roads you can take. The path I

choose may not be the one for you. You will need to make your own choice. As long as every step you take leads you closer to your destination, you are quite safe. It is quite certain that you will one day reach there.

Keeping your destination **in focus** is very important. To do that, it helps to know where you're going and what you can expect to find when you're there – something to keep you motivated.

Therefore we begin with our destination, which is the Essence of Our Being.

The Essence of Our Being is:

- **Unconditioned**
- **Peace (Tranquil)**
- **Whole (Complete, Abundance, Perfect)**
- **Love**

To be honest, I have no *hard evidence* to proof that the above statement is true. The keyword in this sentence is "hard evidence". By this, I mean we have no concrete way to verify this truth other than through personal experience.

Our present scientific method requires concrete, measurable, observable and reproducible results. While the Essence of Our Being is certainly observable and reproducible, it is not at present measurable. We have no instruments that can detect and measure its presence or qualities.

However, I can categorically and emphatically declare that this Essence of Our Being is certainly observable and reproducible. We see these qualities in those who have devoted their lives to cultivating their spirituality. The more they approach closer to their inner Essence, the more they display these magnificent qualities.

These are not isolated and random cases of spiritual attainment. These are people who have made **deliberate intention** and **effort** to achieve and realize their true nature. Furthermore, each of them declares that anyone can achieve the same, if they too put in the intention and effort

to cultivate their spirituality.

This spiritual achievement is not unique to any single faith or religion. You will find great teachers, mystics and sages in all traditions. If you choose to walk the spiritual path, I will encourage you to begin from a path you're familiar with already. Start from whatever spiritual beliefs you already have and move on from there. Look inward to your own inner voice for guidance.

Faith

Since there is no concrete proof, we cannot avoid relying on faith.

If we insist on acting only when we have concrete evidence, we find ourselves in a situation where we can never begin since the very nature of our true Essence is not verifiable instrumentally. I do not foresee anytime in the near future where we can actually create a physical instrument to measure or detect the presence or qualities of our subtle Essence.

Thus we need to rely on faith.

In relying on faith, we must do so with caution. I am not one to support doing things out of blind faith. In fact, I believe there is great danger in doing anything out of blind faith.

Instead, we should investigate with due diligence and reasonable care, and gather all available information and knowledge with regards to the subject matter. We must satisfy ourselves that our subject matter – in this case, the Essence of Our Being – is more likely to be true than false, and that they are at least some indirect observations alluding to this truth.

In the case of our Essence, the implicit truth is the observable behavior and qualities of those who have cultivated their spirituality. This truth is also observable in you when you yourself have cultivated your own spirituality. As your true Essence unfolds in you, your faith will grow stronger.

This type of faith is reasonable and justifiable, in my opinion. In fact, it is necessary for without this faith, we cannot move forward.

It is very much like the trapeze artist who dares to release his hold from his own ring in mid air, knowing with full faith that his partner on the other ring will catch him in his fall. Without such faith, he will never release his grip from his ring, and therefore will never experience the joy of the momentary sense of floating in mid air, and we will never enjoy the beauty of their acts.

By liberating himself from his fear and doubt, he is able to achieve what he knows is achievable, and shares that joy and liberation with his audience.

Likewise, for us to experience the sense of liberation from our fear-driven life, we must have enough faith in the truth of our Essence. Only when we have this faith can we muster the courage to walk this path – a path many in ancient times called the path of the warriors.

If We Are Love, Why Are We Living in Fear?

In a single word – conditioning!

We are living in a world where the environment and conditions are constantly but ever so subtly suggesting to our subconscious mind that we are NOT our Essence.

In fact, we are living in a worldwide culture that has relegated our spirituality to the background. We have simply lost our connection to our true Essence. Many do not even believe in spirituality, given the many atrocious and inhumane acts that are being committed in the name of religions.

However, let us not equate spirituality with religion. While the true purpose of all religions is supposed to lead us to spiritual awakening, the ways most religions are being taught and practiced these days left a lot to be desired. Some methods are downright harmful and counterproductive. Some are misleading. Many in fact thrive on fear.

Little wonder that many have lost faith in religions, and so by implication, with spirituality.

But **spirituality is NOT a religion**. It is not institutionalized and it should not be so. It is personalized and individualized. Your spiritual relationship is not between you and your church, or synagogue, or mosque, or temple. It is between you and YOUR truth.

Our present culture and religious teachings perpetuate our fear-driven lives. We live in constant fear – fear of poverty, fear of dying, fear of loss, fear of shame and fear in many other forms.

Why do we fear?

We fear because we do not believe we are loved. We do not believe that we are the Creator of our lives. We do not believe that we are complete and whole. We do not believe that we can affect our lives in any way merely through choosing what to believe in.

We Are What We Believe

Every one of us goes through life with a personal set of core beliefs. This set of beliefs becomes our internal map that navigates every aspect of our life, from the way we think, what we say to what we do.

It has been said that **a belief is merely a perception of reality**.

Therefore, what we believe in determines how we perceive and interpret reality.

The mystics have long ago realized that we live in a world of relative reality. In this relative world, they realized that everything is empty. By emptiness, what they mean is that everything of and by itself has no inherent value. That is why an event can mean one thing to one observer and another thing to a different observer.

Likewise, an object too can be of a certain value to one

person and of a totally different value to another person. The same is true of a person, a place, an event, and anything else you choose.

The value of any of these is really dependant on the belief you have in its value. If you believe it is of a certain value, then it is of that value to you.

Therefore, an event can be interpreted in a positive, negative or neutral way.

And here's the million dollar "secret" –

**YOU can CHOOSE what to believe in
And your choice will influence
How you interpret the event
And how you respond to it.**

Here's a testimonial from a young lady who was adopted when she was a baby.

I grew up believing that I was not good enough for my natural mother and therefore I had some issues with self esteem and self worth. I also believe that my adoptive mother can never love me the way a natural mother can love her own child. Therefore, I made life

miserable for her in every way. I felt that if I were to be miserable and bitter about being given away, I was going to make life miserable for everyone else too.

Then one day, it suddenly dawned on me that after all these years, despite making life miserable for my adoptive mother, she has never once given up on me. She has continued to love me and care for me, and tried her best to provide for my needs.

I felt so ashamed of what I have done to her.

Here was a woman who have showed me nothing but love when my own mother would not have me and here I was literally torturing her with my attitudes and behaviors toward her.

All these years -- just because I believe I was not loved-- and the belief weren't even anywhere near the truth.

I was loved; I just didn't know it. I couldn't even see it when it was right in front of me because I wasn't looking for it, for I believe it wasn't there.

All the years of pain and anguish, frustration and fear – all for nothing. Worse, I have hurt the one person who truly loves me.

From that moment onward, I vow I would make it all up to her, my beloved adoptive mother.

I became the daughter she never had. Our relationship gradually improved. Eventually, we were able to communicate and share, and we became good friends.

All this was possible because I changed my belief.

The truth is there is no right or wrong belief.

However, there are beliefs that are considered wholesome or skillful because they are closer to our true nature or they help expand our awareness and lead us to our spirituality. A belief in unconditional love, for example, leads to an all embracing attitude of goodwill and compassion towards all living beings.

Likewise, there are also beliefs that are considered to be unwholesome or unskillful because they hold us back from realizing our true nature or lead us further away from our spirituality. A belief in lack, for example, leads to an attitude of hoarding and a tendency to be greedy, selfish and self-centered.

Once we realize this truth, we can then decide consciously to choose what we want to believe in.

Change your beliefs, and everything changes

Here are some important questions for you to ponder:

1. Do you believe that you are living in a benevolent universe?
2. Do your behavior, attitudes and speech reflect that belief?
3. If not, what can you do to change that?

If your answer to the first question is a "no", then ask yourself why. Be honest with yourself as you probe the reason why. The answer may be very revealing.

When I first asked myself this same question, I realized that I believe this universe to be a hostile place, and that is why I put up all these defenses around me. Because of my belief, I am fearful of what may be in store for me. I believe the external universe is unpredictable and I have no power to exert any form of control to influence it. Therefore, my life is at its mercy.

That makes me very small and very insecure.

It is no wonder then that my behavior, my attitudes and my speech reflect this belief, this vulnerability and insecurity in me.

I think this is quite true for most people.

What is also true is that the moment I decide to believe in my own spirituality and the Essence of My Being, I automatically see the universe as a benevolent one – one that will provide for all my needs.

The world I live in become less hostile and much friendlier, and that is also reflected in my new behavior, attitudes and speech.

By changing this belief, my whole world changes and my life is transformed.

I do not see myself as separate from the Universe anymore. Instead, I see myself as an integral part of the Universe. I am a co-creator of my life and I feel that I can master my own destiny by mastering my mind.

I feel less vulnerable, more in control.

This change alone is healthier and gives more value to my life.

Life becomes more purposeful. So what do you choose?

Your fellow traveler,

TOM