

YOUR FRIEND, FEAR™

REPROGRAM OUR AWARENESS OF FEAR

M.J. TUCKER



FROM:

your
friend,
Fear™

M.J. TUCKER

Your Friend,
*FEAR*TM

Your Friend,
*FEAR*TM

REPROGRAM OUR AWARENESS OF FEAR

MINISTER M.J. TUCKER

EAC GLOBAL || BFTGMG

LEGAL PAGE

Your Friend, Fear™

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For Grams

My favorite teacher.

You taught me to pay attention to the little things.

I pray we share this lesson as one class.

Asé

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Introduction

We've all been around fear. It's a feeling that is hard to forget. Fear can present itself through many different tangible, visual, audible, and emotional situations that we face in this Life. This is **especially true during the creative process**. As Cre8ives, we come face-to-face with fear in thoughts like "What if I fail?", "What if I make too many mistakes?" and "What if they hate my work?". Thanks to previous negative experiences and trauma, speaking facetiously, the *mere thought* of fear can be immobilizing. It can be a force prohibiting our **action** and **progression** in our work, our art and in our Life.

The ability to create is one of the highest expressions of being human. As Cre8ives, we are constantly challenged with creating and sharing in the presence of fear. Today, we are going to break down what fear is at its core. We will examine the way we perceive fear. We will explore the roots and origins of fear. I will share the knowledge I've discovered, and fundamental techniques to harness the energy of fear. Once you've mastered these techniques, the way you understand fear will change for the rest of your Life. At the end of this book, you will learn how to perceive and maintain a healthy relationship with fear. My hope is that you'll be empowered to think differently. A new ability will be shared with you along with tools to propel you toward your goals. The only things you

need to be successful in this book is an open mind, a mirror, a means to write and a mobile device (cell phone, tablet, laptop, etc.). The goals of this book are simple:

- ◇ **Reintroduce you to Fear**
- ◇ **Understand why you are experiencing Fear**
- ◇ **Learn how to receive the gift that Fear brings**
- ◇ **Learn to grow in Fear**

Dear little You,

My story begins *here*, in the same place yours began. We arrived *here* at the same time. I've intentionally kept a distance, expecting your ancestors to close the gap. I made my home in their unknown and uncharted territories. I watched as your ancestors began to explore the lands we were *born* in. I would meet them at the edge of the unknown, eagerly waiting to reveal the truths I held on my lips. Like the hidden and interwoven roots of a strong tree, I've supported their growth by presenting inspiration and amazement. Together, we were able to uncover the *true* treasures in the world around us and discover the blessings *buried within*.

I would illuminate with joy when I would see a human journey away from their comfort zones and venture to the edges of the unknown, timidly headed in my direction. I loved nurturing their inner strength and seeing them grow. Each time your ancestors traveled to the end of their maps to visit me, they would leave with wide-opened eyes. They would often yell and scream in astonishment, or remain completely silent and stood lifeless before darting back in the direction from which they came. I often would secretly follow them as they hurried back to their shelters. I would see them bring such great energy and excitement back to their tribes. They would move their limbs and become taller in stature when sharing their account of our encounters in such vivid details. I would visit often just to witness the progression of their tales. They created ways to preserve and share what they saw and heard

through **dramatic storytelling**. I loved and nurtured their expressions. As time progressed, I witnessed as your ancestors grew older and wiser in communities. Even the youngest ones were learning from the stories spoken from the lips of those who consistently visited me at the edge of the unknown. I shared more of my knowledge with your ancestors upon their request. Knowledge always quenched the thirst in their Minds like rainwater reaching the deepest roots.



New communities sprang up across the lands out of the wilderness. As stories of encounters with me become more sought after, many more of your ancestors would move past their areas of comfort to visit with me in uncharted territories. They *embraced the glory* of my presence and saw me as *desirable*. They loved the way I would present myself. My Being, covered in midnight, sparkled when I approached in the moonlight. At the spread of my wings, they would stand frozen, upright in awe or fall prostrate before me. My hair would take on its own life as it danced in the breeze created by my swift movements. There was always a tension in the air in those initial moments. My glowing eyes could perceive the very heart of each human, revealing the issue that challenged their passions. I would open my mouth and direct my words to unbridle it. No matter their origins, my words would be heard in hearts and minds spoken in their native tongue, and that would instantly bring them peace. In that moment, I would offer my hand, and if they responded, I'd share with your ancestors the Truth they desired.

Your ancestors and I understood the Divine connections between us. I could feel the energy that was being utilized after our visits. The tales of our encounters would travel through the communities, inspiring more exploration of the unknown. I could feel when they would grow and expand their territories

into the unknown. It was then when I realized the power your ancestors had harnessed through the art of storytelling. They kept the stories, which held the knowledge, thriving from generation to generation. This made me proud...



CHAPTER 1

False Evidence Appearing Real

We have been taught that fear is our opposition. We've been taught that fear is a threat to our creative expressions. It's been villainized and portrayed as an emotion that does nothing more than bring false visions of possible futures. However, this is untrue. Matter of fact, what we've been taught is a newer perspective of Fear that has only existed for less than 100 years from when I wrote this guide.

A popular acronym used to understand F.E.A.R. is F-False, E-Evidence, A-Appearing, R-Real. While the exact origin is difficult to pinpoint, it gained popularity in the late 20th century, particularly through motivational speakers and authors. It is frequently used to describe how fear can distort reality and prevent individuals from pursuing their goals. It is a common mindset made mainstream by personal development and self-help communities.

What this perspective means is that the visions and feelings we experience while interacting with fear are *non-ex-*

istent or *false images*. I mentioned before, there are many types of fear and a myriad of ways to view fear. Consider looking into a gemstone as light shines through it. As you turn the stone in the light different perspectives display different shades of beauty. This particular perspective of fear is primarily focused on a lack of truth in fear. I believe fear has much more than lies to share with us. It's really based on what's currently in our awareness when we encounter fear. Let's dig into the physiological mechanisms that fear can affect to gain a solid understanding of its real impact on our awareness.

Fear vs. Mind

Let's talk a little about science, Biology to start. Our body's response to fear starts in a brain region called the *amygdala*. This almond-shaped set of nuclei in the brain's temporal lobe is dedicated to detecting the **emotional** urgency of our situations. For instance, the sight of a predator triggers a fear response in the amygdala, which activates areas involved in preparation for the motor functions freeze, fight, or flight. This leads to bodily changes that prepare us to be more efficient in danger.

The brain becomes hyper-alert. It also triggers the release of stress hormones and the sympathetic nervous system. The energy from organs that are not vital in survival, such as the gastrointestinal system, is diverted to the sympathetic nervous system. In turn, these systems slow down. The sympathetic nervous system can accelerate heart rate, widen bronchial passages, decrease movement of the large intestine, constrict blood vessels, cause pupil dilation, activate goose bumps, start sweating and raise blood pressure.

Fear also creates an undivided focus, which *can be* a positive experience. As soon as something scary happens, we become alert. Our preoccupation with other things that might be on our mind soon gets relegated to the back burner. These could be thoughts like our inability to complete a project on

time, or worrying about social acceptance. This ‘refocus’ can be an effective bonus during the creative process.

Now that we have a fair understanding of the physiological mechanisms *affected* by fear, let’s focus on a unique *experience* of fear. In this book, I will introduce a new perspective on fear. This perspective may or may not be valid for the ‘fight or flight’ responses triggered by threats to our integrity or safety. However, it will be relevant to the frustrations triggered by the arrival of Fear in our decision making and creative processes. This perspective will be aligned with the original definition of the word ‘fear’ which Humanity held for centuries before the current definitions. Let’s begin our learning at the root. Before we can gain a full understanding of fear, we must first understand **Self**, the one who is afflicted by fear.

Most People Don’t Know Self

Self-awareness & Self-worth

Let’s focus our attention inward. When you think about Self, what is the first thought that comes to mind? Do you think about yourself and how you perceive your expression in the world around you? The term ‘Self’ has been defined in many technical and complex definitions throughout the study of psychology. The basic definition of the noun ‘self’, according to the American Psychological Association (APA) dictionary, is the totality of the individual, consisting of all characteristic attributes, conscious and unconscious, mental and physical. The APA also acknowledges the term has wide-ranging uses in psychology. We will refer to **Self** as **the conscious and unconscious part of ourselves that uses the physical brain to think and make decisions.**

Self is your consciousness. The part of you that is making decisions throughout your day. What to eat? What to wear? Where to go? How to interact with others? What to create? These are all decisions made by Self. Decisions that, when acted upon, can also be referred to as intentional energy expressed into the world around you. As human beings, Self governs the

Body, ruling and reigning through decisions. These decisions are based on awareness and intention; how Self wants to express energy through awareness. This is the main variable that makes the energy expression *intentional*: whether or not we are completely aware.

Field Of Awareness

Our awareness is like an invisible bubble that surrounds the Body. Picture the bubble made of a signal broadcasted from an antenna. In this scenario, we are the antenna. The energy signature that we output from the Body expands in every direction, and into multiple dimensions. Our fields of awareness can exist in and impact others on physical, audible, emotional, conscious, molecular and even quantum (or metaphysical) levels. Now, inside the bubble is everything we are *consciously and unconsciously* aware of at any given moment. This is our **field of Awareness**. Similar to a bubble, we can *increase our awareness* when new knowledge enters our fields like a breeze building a bubble. The bubble expands when new energy enters our fields. As you will later see, expansion has a significant impact on your field of Awareness.

Melanin in the Mix

Melanin's Role In Awareness

For many of us, the impact of our awareness takes place automatically, whether or not we are consciously aware of it. It takes place through our eyes, through our ears, and through our skin – our largest organ that covers the whole body, and whose pigmentation is regulated by an organic compound known as Melanin. Melanin is produced in the pineal gland at the center of the brain. If you point a finger at the center of your forehead, you'll be pointing at your pineal gland. This very small organ (when non-calcified or hardened),

produces the special chemical compound that coats every organ in the body. It can be visibly seen in our skin.

“Though one may be light-skinned, the concentration of Melanin in their organs or their melanated centers could be almost as high as that of dark-skinned people. To summarize, Melanin has proved itself to be: (1) a foundational ingredient in the DNA of the genes and protector of the DNA nucleus; (2) centrally involved in controlling all mental and physical body activities; (3) granulated like “central computers,” capable of analyzing and initiating body responses and reactions that bypass the brain; and (4) associated with proper Central Nervous System (CNS) functioning—as refining it so that messages from the brain reach other areas of the body, which is done more rapidly in Black People than in others.”

-DR. JOSEPH A. BAILEY, II, MD., FACS

Melanin has metaphysical properties that exert themselves without being granted neurological permissions. Melanin serves as “telephone technology” by connecting us to frequencies and conscious energies in other dimensions. These connections are strengthened by understanding the gifts of our ancestors stored within our organic vault of data. This vault is formally called Deoxyribonucleic Acid, DNA. Melanin sends and receives signals and information through dimensions. It is not limited to or “locked into” the physical plane. Our Melanin can also interact with other conscious Beings. For most of us, this happens during the sleep cycle.

I’ve experienced a strengthened spiritual connection with my ancestors when deeper sleep is accomplished consistently over thirty (30) days. It is most effective when you are in deep sleep between the hours of 11:30 pm and 4 am. Slow-wave sleep, also known as deep sleep, is a stage of non-rapid eye movement sleep characterized by slow, high-amplitude brain waves called delta waves. It typically occurs in the early part of the sleep cycle and is considered the most restorative phase of sleep. During this stage, the body performs essential functions

such as tissue repair, immune system strengthening, and energy restoration.

People are usually less responsive to external stimuli during slow-wave sleep, and it's harder to wake someone up compared to lighter sleep stages. This deep sleep is crucial for feeling rested and maintaining overall health. These are also the prime reproduction and reconnect periods for our Melanin. It is also beneficial to sleep away from electronics that emit EMF signals. Preferable sleep would be under blue light, or when available, full moonlight.

There is much to learn and teach about this miracle compound that appears throughout the world. Since the 1920s, Melanin has been the focus of pigment medical journals and researched by countless scientists. However, to this day, this magical chemical compound can be identified in our DNA but not duplicated. This duality makes Melanin in one sense plentiful and in one sense, extremely rare. Plentiful because all living creatures possess it. The truth about its existence and functions is a rarity that revivals Vibranium from Wakanda. This rich and hearty topic of Melanin deserves its own time to unfold. It was necessary to provide a clear understanding of how Self uses the systems inside the Body to get information, expand our field of Awareness and manage risk during critical moments within our decision-making processes.

intuition (n.)

Originally from the Latin “intuitio,” which is derived from “intueri” meaning **“to look at, to gaze at, to contemplate.”** “Intueri” is composed of “in-” meaning **“in” or “upon”** and “tuere” meaning **“to look at” or “to watch”**. The term evolved in Latin to refer to **‘the act of directly perceiving or insight without rational thought’**, and it entered English in the 16th century with the same general meaning.

Our Melanin is also the biochemical support system for our intuition. Although historically more attributed to women,

we all have levels of intuition. Intuition is generally defined as the ability to understand or know something immediately, without the need for conscious reasoning or analytical thought. It involves a gut feeling or an instinctive understanding that arises spontaneously. Melanin is the chemical that supports the quick and efficient acquisition and delivery of such data throughout the Body. Our Melanin pulls in the information from multiple external and internal sources and serves it up for Self to process.

So let's put some of these concepts together to build to the next level of understanding. On this plane, there are a few absolute truths. Self is free to do whatever action that is in Self's awareness. If we are aware of an experience that we don't want to have, then we limit our actions toward that experience. The opposite is true of experiences we enjoy. We open up our actions and focus energy toward desired experiences. In this way, Self *operates* within the Body by expressing energy *outwardly*. This is why I say, we are conscious Spirits having a Human experience. And while Self is navigating this Human experience, one thing is certain. Along the journey, we **all** encounter Fear.

Authenticity

As we progress further into these new mindsets, inner-standings and understandings, we must first be aware of the level of transparency we're giving ourselves. Admittedly, I maintain different levels of transparency with different people and in different situations that I face in Life. I believe we all, to some extent, give our authentic selves to a limited group of people, while with everyone else with which we interact, we tend to offer a more filtered version of ourselves.

There was a point where I felt I had mastered wearing masks in *society*. I could be whoever I needed to be on command, disregarding my truest Self in a moment. This habitual masking of Self can be disrespectful, simply because we are "silencing" our authentic Self. Now is the time to

remove all the masks and to agree to this internal pact. **We should *never mask ourselves to Self***. Authenticity is necessary as we move further towards discovering Fear and mastering its presence in our lives. We must *choose* to give Self the highest level of transparency.

Think about it for a minute. Reflect on the acceptance we can offer Self when we are using this mindset. There is absolutely no downside! This should be our new ‘always on’ setting from here on throughout our journey when dealing with Self. Self **deserves** transparency. When we are honest with ourselves we become capable of accepting the understanding of others, even without an agreement.

This is mainly because we are no longer judging ourselves, so we no longer judge others. We are no longer sitting in the seat of judge, juror, plaintiff, and defendant all at the same time. We no longer *give ourselves* the sentence of “Life with limited information”. Let’s end the limited reality of judgmental mindsets that no longer serve us! Instead, we can choose a mindset to freely express the truth to ourselves. As we grow in being able to accept our own truths, we are exercising the same ‘muscles’ flexed when we are accepting the truth of others, and the truths of the Universe.

Benefits Of Transparency

Best benefits in the Universe - Now Hiring!

To live in this space of complete authenticity with Self, we must consistently give Self a few reserved perks. Let’s look at them as benefits that Self receives for practicing the highest level of transparency. Compare these benefits to those offered by employers to their employees. We should consider these benefits as automatically given to Self at any time and for every time a decision is made. Keep in mind, we can only regularly receive what we regularly give, referring to the Universal Laws of Attraction and Correspondence.

We must not look through The Lens of Ego and expect these benefits to always originate from other people. When

we begin to see these benefits as ‘owed to Self’ we begin to nurture Self exclusively and intimately. In a way that only *we can*. Let’s look at it like Self is *employed* by the Creator of the Universes. As an *employee*, Self is entitled to these benefits from day one of employment.

The 1st Benefit

One benefit is **patience**. Self deserves to receive patience when processing energies, thoughts, emotions, decisions, and consequences. The amount of patience can vary. It can be as short or as long as deemed necessary. An important part of this understanding is that **‘time is a slave to Self, and Self is not a slave to time.’** From an employee benefits perspective, we have already accrued an abundant amount of patience. It’s not the easiest thing to do, handling the truth of your reality. Many times it can be a bit more than our expectations. However, when we give Self the patience earned from sharing in the highest level of transparency, we tap into a unique process that empowers us in a very dynamic way. We will explore this process and how to master it in depth in the coming section.

ACTIVITY 1.1

- Repeat three (3) times with focused intentions while looking into the camera on your phone (as when taking a selfie) or in a mirror.

**“I am worthy of patience.”
“I am the master of my time.”**

The 2nd Benefit

The second benefit is **respect**. Self will always deserve our respect for many reasons. When Self is practicing transparency at the highest level, growth is likely to occur. This growth in awareness brings new information to apply and, in turn, new levels of awareness that can be attained. This makes Self an extremely valuable Being to us.

In the same way we are able to respect people with external material riches, it is imperative that we remain cognizant of the respect that is owed to Self. The perspective Self has of both of our external and internal worlds is intrinsically valuable to us. This perspective is ever-evolving with each expansion of one's field of Awareness. Self has the power and the privilege to be the 'captain of our souls' and 'master of our fates'. Self is conscious. Self is alive. Self deserves to be seen and heard— even for simply doing the work of self-discovery and processing the information received. Self *deserves* to be loved. And with authentic love, comes true **respect**.

ACTIVITY 1.2

□ Repeat three (3) times with focused intentions while looking into the camera on your phone or in a mirror.

**“I am worthy of respect and
my perspective matters.”**

The 3rd Benefit

The third benefit is **gratitude**. Self *deserves* our gratitude. In most cases, Self is hourly weighing the differences in the consequences of decisions. Ultimately, Self is driving us closer towards the things we actually desire. We can not depend on anyone or anything else to navigate this Life for us. That would mean giving up our sovereignty in this world, our power to make our own decisions. When Self is empowered through the highest level of transparency, we become capable of creating on higher frequencies. Pay close attention, because this is why gratitude is mandated.

As a Cre8ive, I can speak for us all when I say that to some extent we are always grateful when we create something new, different, or unique. What is more unique than you? Self *translates* the most authentic ‘**you**’ into intentionally expressed energy. The fact is that Self is the *only Being* that can accurately define and express our authenticity into the world. For now, there is only one manifestation of **you**. This is why Self will always deserve our gratitude.

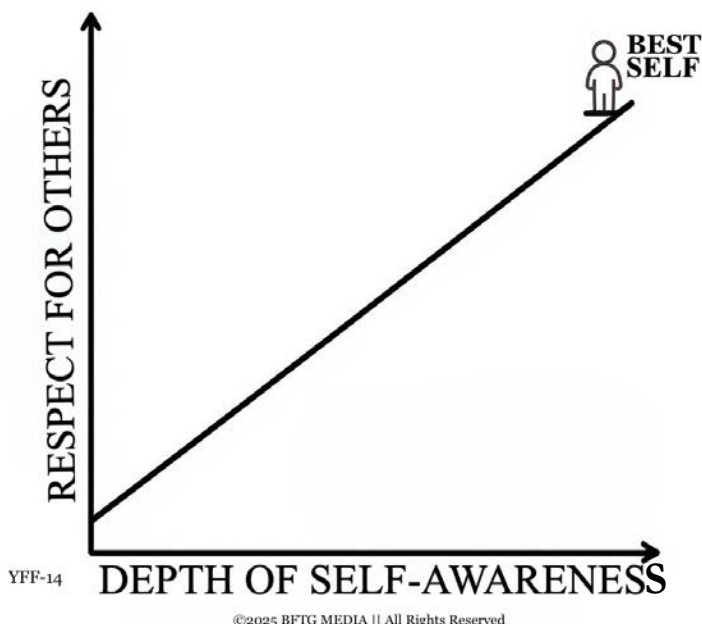
ACTIVITY 1.3

□ Repeat three (3) times with focused intentions while looking into camera on your phone or in a mirror

**“I am worthy of gratitude.
I am grateful for my uniqueness.”**

We never need to question if the benefits are active because they are *auto-renewing*. Anytime Self makes a decision, the benefits *surrender value* like an indexed life insurance policy. Self is *always* worthy of patience, respect, and gratitude from us. There is no time or situation that limits these benefits from being drawn down by Self, the sole beneficiary. With this mindset in place, we can practice self-love and self-care

in a healthy manner within our daily internal and external interactions.



Culture We Create

The Lens of Ego

Peering through The Lens of Ego can make us feel like our projected expectations *hold more weight* than the expectations of others. Although Ego is not a completely negative concept, Ego can easily put us into a judgmental mindset. The evidence of this mindset will be comparisons between your projection and another's *idea* of your projection. It moves us to *attempt to control* the other Being's projection through the projection of our Ego.

Now, please do not run away with only the negative perspectives of our Ego. The positive attributes of Ego must be considered. Ego can also be used to protect us from external energies by projecting confidence and intention. The evidence of this mindset is displayed *in the details we don't* when we

project our Ego. It's the spotless kicks, the tailored dress, the embroidered handkerchief. It's the monogrammed button up, the fresh fade, and the manicured toes. This mindset is displayed in any aesthetic element in our awareness. This is because these elements are adorned to be interacted with by other Beings. There are various types of energy, projected through visual elements. Expressions of this protective Ego are revealed in the *intentions* we hold for the *response of other Beings* to the aforementioned elements.

We must remember that these expectations are only real to us (and others) if we give them the energy of thought and intentional action. Without action, our expectations are unreal to others. Without clear communication (even through projections of Ego) it does not serve us to force others to accept them. Cancel Culture looks at others and states that they are so offended by their actions or thoughts that they can no longer exchange with the person in any way again. I believe the intention of the movement in the beginning was to harness social influence to convey a form of social consequences upon others.

Acceptance of our own individuality allows us to remove The Lens of Ego which, in turn, removes the desire to judge ourselves in relation to others. At that very moment, we no longer have a need to hold an expectation or judgment over another person, because we hold no judgment against Self. Our projections can now be intentional **and** aligned in authenticity. We can freely accept another person's individuality when we freely accept our own. The fact remains that even when we choose to share our individuality, **it always belongs to Self**. It is one of many gems in the "treasure chests" of our Minds.

This fact grounds our awareness of the core systems of the Body, as we remember the depth of our individuality. We can remember countless expressions of energy which we have given and received in this Body. We treasure the mosaic of memories, dreams and visions cascading across the canvas of our Mind. We can agree that "we value our mosaic". With the acceptance of this mindset, we must also agree that other

people collect memories, dreams, and visions too. Aren't they able to treasure, or at least see tremendous value in, *their* mosaic just as much as (if not more) than we enjoy ours? Each conscious and living Being in this Universe has an individual experience and unique expression of energy. All expressions are valuable. We must respect them as they express their energies into our field of Awareness. Even when we do not agree with the shared perspectives and projections, we should still open our conscious ears to actively listen to Self and others as we take in the information presented by **another conscious Being**.

Allow me to put pressure on this point, family (*because we are family now*), just so we are on the same page about the order. There is a mutual respect that we must cultivate. The mutual respect I'm referring to here is (1) the respect for Self and (2) the respect for others (*see illustration YFF -14*). These respects are balanced by our self-worth. Our awareness of Self is connected to our awareness of others. The more we explore transparency within ourselves, the greater our awareness becomes of the capabilities of others. This type of respect can only be achieved by *first* rooting our mindsets in the awareness of Self.

Anything we want to *receive*, we must first *give*. To give ourselves *value*, we must see Self as *worthy of possessing* said *value*. We must respect Self by maintaining a clear understanding of the operations and systems it navigates inside the Mind (psychological) and Body (physiological). It is crucial, not just for fostering *sustainable* and *healthy* relationships with others, but also for maintaining a healthy connection with Self. Becoming aware of the necessary balance between respect for Self and respect for others now sets the stage for us to understand the energy *so commonly known* to us as **Fear**.

CHAPTER 2

Respect The Why How To Break The Code Of Fear

Let's personify Fear to share an easier perspective to communicate. Doing so will provide a shared perspective through which we can look at the relationship between Self and Fear. When we look at Fear as a separate entity from Self, we can differentiate between the power and energies that each possesses. So let's first recap Self.

Simply put, Self is our consciousness. The energy that we *will* to make decisions is the same energy that is *aware* of our experiences in this Life. Self unlocks the power of self-knowledge or the knowledge of Self. Through the experiences we have in this Life, while exchanging energy with others in numerous situations, we all encounter Fear at some point. Self *feels* the presence of Fear. Most times it appears as a feeling of an energy applying pressure to the field of Awareness that extends from Self.

So then what is Fear? Fear is an external energy that sends signals to Self. Fear's signals affect our emotions, typically by triggering a negative thought, memory, or vision of experiences

that *have happened* or that *have the potential* of happening. Many times the energy of Fear appears to us through our connections with the world around us. These connections include those with Nature, within our community, social media, academia, news media, economic markets etc. In other times, Fear can emerge from inside of our own Minds and work its way through the systems of the Body. If this is what you are currently experiencing, don't worry. Practicing the mental tools laid out in this book can result in uprooting Fear's negative internal influence.

We've all experienced a moment where Self was in one state (i.e. happy). Then, Fear presents itself and Self immediately responds and swiftly goes into a different state (i.e. afraid). We can also agree that this is a **powerful** reaction that Self expresses when Fear is present and that it is very common throughout humanity.

It looks like a battle for power between Self and Fear, like an episode of Game of Thrones. But before we focus on the power games on display, let's examine what Fear's presence even means in the first place. Why is Fear choosing to present itself to Self? Well, one thing is clear when looking back at the state changes that Self undergoes upon the arrival of Fear. There is definitely an energy exchange taking place. Let's look at the word 'energy' and understand how Self and Fear exchange it.

What is Energy?

Energy can be described in many ways. It's an invisible force that is currently moving through every dimension in existence. It's also the thoughts, words, and actions we express internally and externally. It was Albert Einstein that said, "Energy cannot be created or destroyed, it can only be changed from one form to another." The Greeks used the word 'energeia' meaning '**activity, action, operation,**' originating from 'energos' meaning "**active, working,**". Aristotle used the word with a sense of "**actuality, reality, existence**" (as opposed to "**potential**"), but this was misunderstood in

Late Latin and afterward as “**force of expression**,” and as “the power which calls up realistic mental pictures.”

The Bible says in the book of James chapter 2 verse 26, “**faith without works is dead.**” This death is understood to be an absence of energy in the Body. The understanding of this passage communicates, ‘*action-based belief*’ (or faith) without *energy* exerted (or work) is *dead*. If energy is the main component missing in this equation to manifest our faith (or give our faith *life*), then a conclusion must be considered. Energy is the key ingredient to manifesting the focus of our faith.

For this journey, when referring to Self we will primarily define energy in three main forms: **the thoughts we think, the words we say, and the decisions we make.** The goal is to understand the connections Self shares with Fear. These connections serve as avenues or channels that Fear utilizes to move energy to and through our Bodies and Minds. Examining these channels will empower us to utilize them with conscious intention for the benefit of Self.

The Energy of Thoughts

Energy is measured in waves. Similar to audio waves, energy moves in high and low peaks that form on various frequencies. The Body decodes these frequencies, like ones and zeros processed by a super computer. Frequency can manifest inside the Body in the form of **thoughts**; in many cases as pictures and/or movies displayed in our Mind. Each thought, just like each sound, has its own unique frequency or vibration. Oftentimes, our thoughts are a combination of sounds, colors, aromatics, atmosphere and emotions. A thought can feel like an immersive world that we experience in a vibration. These vibrations affect the Body in positive, neutral, and negative ways. Everyone’s mental journey and Life experiences are unique. Remember, Self has the ability to govern the Mind, and in turn, the Body.

Thoughts are the first expressions of the intentional energy we deposit into the Universe within. Self can use

thoughts of positive experiences, previous interactions with loved ones, and previous Life highlights to feel any emotion again. This is one way Self is manipulated by Fear. Reflecting on terrifying, hurtful, lonely, shameful, and low self-worth experiences can handicap us into hesitation while in the presence of Fear. This provides an opening for Fear to take energy from Self in the sense of being dominant over Self. This dominance typically originates in negative thoughts of Self. Maintaining limiting thoughts of Self keeps us in a victim's mindset. A key example of this is using the word "*can't*" to describe ourselves or define our lack in situation. We can either be a victim of Life and be captive to thoughts and challenges, **or** we can identify the opportunity to exchange energy, learn how to overcome the challenges and become who we actually *want* to be, a **victor**. Either be a *victim* or take ownership and be a *victor*. We can not be both at the same time. If we maintain either reality, we must be consistently giving our awareness to that same thoughts that support it.

Negative Self-Thoughts

Limiting thoughts like 'Can I *really* overcome that?', 'There's *nothing* I can do..' or 'I'm *stuck*' all produce **negative or neutral** energy in our lives. In the same way, we can have non-limiting self-thoughts like, 'In this Life, *all things* work together for my *good*' and experience **positive energy** in the exchanges we have in Life. The power to change our experience begins in the energy of our thoughts. Our thoughts 'set the tone' for the reality we live in.

Many times the challenge we face when dealing with negative self-thoughts is not external. Our understanding of **our own self-worth can be the underlined issue**. **Psst*, heads up..This is one of those times where practicing complete transparency with Self is highly recommended for progress. Let's ask ourselves these questions. How do we see **ourselves** when we look in the mirror (or camera phone - no filter)? Are we **excited** about what we see? Do we only see **problems**

and flaws? Are we capable of **overcoming** all the problems we see in the mirror?

How To Build Self-Worth

Three Steps To Raise Self-worth

See family, it is natural to see problems and flaws when we self-analyze. The trap we can fall into if we are not diligent is the 'pit of self-pity', which is a form of pride manifested through ego. At the core, self-pity is an expectation of Self formed in The Lens of Ego that we *choose* to hold. These thoughts can keep us blind to the power we possess. Keep in mind, this power I'm referring to is the power that Self wills when managing decisions and information gained from our field of Awareness. As long as Self is conscious, this power is always present within us. Fear knows this fact, and presents itself to undermine our power. Here are some tips I use when I struggle with negative self-thoughts. I ask myself these questions.

Do these thoughts define me?

This question is really directed to the impact we intend to have in the world around us. We are checking with Self and checking with ego to gain an answer that is acceptable to the purpose of both energies. Ego is not always an opposing force to Self. Ego must be aligned with this answer to ignite the desire to never even entertain thoughts that are *out of alignment*. Self must be aligned with the answer to jump start our *thought filter* that can actively identify unwanted thoughts.

Am I ready to progress past these obstacles?

When we answer this question, we become aware of the boundaries that we have been choosing to live within. We've lived like slaves to these thoughts. At this moment, we are acknowledging the effort, energy, and work that we must commit to in order to *move these boundaries* and *overcome these obstacles*. 'Counting the cost' is important to do before we set Body and Mind to do the work. This question also provides Self with the benefit of patience. It gives us the opportunity to review the information, remember our previous circumstances, and envision the future of freedom. A freedom that has always been available to us on the other side of self-defined obstacles.

How Can I Express Gratitude Right Now?

This question provides the positive energy we need in *this very moment* to push us past the frequency range of negative energy. Gratitude is like metaphysical **dynamite**! Expressing gratitude in our thoughts can blow away any negative energy plaguing us in that moment. It also provides an opportunity to transform how we see ourselves in the mirror. With the answer to this question, we place Self in the position of a *beneficiary* of positive, timely, loving, honest, authentic, and constant energies produced by the Universe. Remember, we can not be **victim and victor** at the same time. So family, let's go inward and reflect. At this moment, is Self a **victim** or a **victor**?

The Energy of Words

The next type of energy Self can control is the energy of **words**. No matter what language we choose to speak, the words we use create sounds, tones, and express meaning. As we speak, sentences communicate our thoughts. These sounds and tones we create are frequencies. We can see this when we record our voice on a voice memo app. The peaks and valleys shown on the screen visually represent the energy of words surfing through different frequencies. Go ahead and try it yourself now.

ACTIVITY 2.1

- Record yourself saying this like you *wholeheartedly* mean it.

Open the voice memo app on your phone, mobile device, or recording device and press the record button before reading the following affirmation three times.

“I am not limited by anything that has happened, or by anything that is happening now.”

ACTIVITY 2.2

- Record yourself saying this like you *do not really* mean it.

Open the voice memo app on your phone, mobile device, or recording device and press the record button before reading the following affirmation three times.

“I am not limited by anything that has happened, or by anything that is happening now.”

What you are looking at is a wavelength created by the tones and sounds of our words. Notice the difference in the peaks and the valleys of both recordings. How much larger is the wave on the first recording compared to the second? Don't the recordings actually make you *feel* differently. This is another form of energy. For over a hundred millennia, humans all over the world have been harnessing the power of words to manifest what they want. This is a form of *casting a spell* into the Universe.

Now, don't get lost in the concept. 'Casting spells' simply means words spoken with the power of Intention. The frequencies we create with our words are born from the thoughts that Self allows to be planted in our Minds. We must activate our intention by aligning thoughts in the Mind with the words we speak. This alignment activates these two expressions of energy (thought & word) and *adds* the energy into our manifestation process.

The other important component to the power of words is their *meaning*. The words we use have meaning, first in human history, secondly to Self, then finally to the society in which we live. Even as culture continues to blossom throughout the course of Humanity, the origin of words and their *original* meaning **will not change**. It was and will be foundational in conception. Culture does, however, provide *a mask* to change the ways selected words *are used* within a community. Still so, the existence of the present reality does not negate the depth of the history. Remember, more time has passed with Beings employing the original energy of a word, than has passed with Beings employing the more recent energy of words which were redefined within a *younger version* of culture. When we redefine words, we are merely transferring our expressions into a newer (or *less mature*) energy. When we align our Minds with the original meaning of the words we choose to use, we are aligning Self to receive a greater benefit in the energy of words, a form of ancient 'clarity of Intention'.

History of the Fear of God

Just like with the word ‘fear’, the definitions of words have been changed in our past. Groups of people throughout history have manipulated the meaning of certain words and phrases. Why would a group of people desire to change the meaning of a few words? Well, a great example from history comes from The Englishmen in the 1880s who had ambitions to spread Christianity to the cultures that existed in other lands. They *decided* to utilize the phrase ‘fear of God’ in pursuit of their goal. With strategic access to bayonets, this group would travel to the land of ‘lesser civilized’ people and fiercely attack the inhabitants until they wiped them out or forced them to submit to Christianity. In his book “The Religion of Duty”, Felix Adler describes the mindset of the colonizers in that period of time, arguing the hypocrisy of an old religious attitude.

“Thus then we seek to put ‘the fear of God’ into the natives at the point of the bayonet , and excuse ourselves for the bloody work on the plea of the benefits which we intend to confer afterwards . We, too, are sending our message of brotherly love from the mouth of cannon to a people who, relatively to us, are defenseless, and, in the guise of shot and shrapnel, are trying to scatter the glad tidings of a higher civilization. Oh, let us consider the awful hypocrisy of our attitude as a nation ! If the name of Christ does not avail, then let us, in the name of Jesus, recall a Christian people to a teacher whose words they have forgotten nay, which it would seem they had never learned.

- Felix Adler - “THE RELIGION OF DUTY” P.82 - PUBLISHED
1905

The understanding the Englishmen rallied around was that their **actions** were **justified** by the submission to the ‘fear of god’. This was not the first time we have seen the phrase ‘fear of god’ used in religious campaigns. Let’s jump

into ancient history and look at a few civilizations that used similar mindsets.

Religious War

Ancient Israel

The Israelites, as depicted in the Hebrew Bible, often linked military success to divine favor and obedience to God. The ‘fear of God’ was a central tenet, emphasizing reverence and obedience.

The Conquest of Canaan (*est. 6th to 5th centuries BCE*)

In the Old Testament, particularly in the Book of Joshua, the Israelites’ conquest of Canaan is depicted as a divine mission. The narrative emphasizes that their victories are due to their obedience to God’s commands and their reverence for Him.

“That all the peoples of the earth may know that the hand of the Lord is mighty, that ye may fear the Lord your God forever.”

- JOSHUA 4:24

Casualties: Specific numbers are not detailed in the text, but the entire city of Jericho was reportedly destroyed (est. 1,200 -2,500 people).

This reflects the idea that military success is intertwined with divine authority, and soldiers and leaders are expected to act ‘with fear of God’, meaning in reverence, obedience, and moral conduct. This demonstrates how the ‘fear of God’ was used to motivate obedience and moral discipline among

soldiers, emphasizing Divine support and moral righteousness in warfare.

Assyrian Empire

The Assyrians were known for their military prowess and often justified their conquests through Divine mandate, believing their kings acted on behalf of the gods.

Sennacherib's Campaigns (*circa 701 BCE*)

King Sennacherib's campaigns against the nation of Judah and other regions were recorded as being *sanctioned* by the god Ashur, who was believed to *guide and support* Assyrian victories. The Assyrians believed their military dominance was a reflection of their gods' favor and power, and 'fearing the gods' meant ensuring their support through rituals and obedience. The King's stories were inscribed by Assyrian scribes under the direction of King Sennacherib in The Annals of Sennacherib. The annals were found inscribed on several artifacts, and the final versions were found in three clay prisms inscribed with the same text. The King details his campaigns and Ashur's role.

"Great victories which my Lord Ashur gave to me."

- SENNACHERIB'S PRISM

Casualties: 46 walled cities were seized from King Hezekiah. The siege of Lachish and other campaigns led to significant casualties, with estimates of hundreds of thousands killed and deported (est. 200,150 people deported).

This highlights the integration of religious and military leadership, where fear and reverence for the gods justified expansion and conquest.



Medieval Christian Warfare and the Crusades (11th–13th centuries)

In medieval times, wars like the Crusades were fought with strong religious motivation. Crusaders believed they were fighting a Divine war, and their actions were justified through religious teachings. Leaders and sermons often invoked the ‘fear of God’ to motivate soldiers, emphasizing that they *fought in obedience to God’s will* and *feared Divine judgment* if they *failed* in their *duties*.

For example, Pope Urban II’s speech at the Council of Clermont in 1095 called for the First Crusade, urging Christians to reclaim the Holy Land and framed the crusade as a sacred duty that would earn **Divine favor** and **salvation**. He emphasized that the warriors should ‘fight with the fear of God’. The phrase served both as a moral motivator **and** a means of *justifying violence*, framing **warfare** as a **sacred obligation**.

Casualties: estimates suggest around 100,000 people died during the first crusade, including both combatants and civilians.

Religious Orders

The **Knights Templar** are a Catholic military order established to protect Christian pilgrims in the Holy Land. The **Teutonic Knights** are a German Catholic military order involved in the Baltic Crusades. Religious military orders like the Knights Templar (*founded circa 1119*) and the Teutonic Knights (*founded circa 1190*) fought in the Crusades and other conflicts, often invoking the ‘fear of God’ to inspire discipline and moral conduct. The knights would take vows of obedience and piety, often invoking Divine authority and emphasizing that their military actions were undertaken ‘in the fear of God’ to uphold Christian values.

Casualties: Baltic Crusades: Thousands of casualties over several decades, particularly in battles against pagan tribes (or tribes that did not submit to the ‘fear of God’). **The Battle of Tannenberg (1410)** involved significant losses on both sides, although exact numbers are not precise.

The ‘fear of God’ or the Divine favor invoked during these historical campaigns reflects how deeply intertwined religion and warfare were in these ancient cultures. While specific casualty numbers are challenging to pinpoint due to the limitations of ancient record-keeping, these events were significant in their historical impact, with large-scale battles and sieges resulting in substantial losses of life. This all stems from the power of the phrase, the energy of the words.

World Cultures

Ancient Greece and Rome (*circa 800 BCE–500 CE*)

In ancient Greek and Roman cultures, while the exact phrase ‘fear of God’ was not used, the concept of reverence for Divine beings appeared in terms like “*eusebeia*” (Greek for ‘piety’) and “*religio*” (Latin for ‘religious duty’). Philosophers like **Plato** and **Aristotle** discussed the importance of reverence for Divine entities as part of a virtuous life. In Rome, fearing the gods was seen as a moral imperative to maintain harmony with the Divine and avoid Divine wrath, through the practice of rituals and sacrifices. The fear or respect for gods influenced civic and private life, ensuring individuals adhered to religious duties and societal norms.

Islamic Culture (*7th Century CE to Present*)

The concept of ‘fear of God’ is central to Islamic teachings, expressed in the Arabic term “*taqwa*”, which means ‘God-consciousness’, ‘piety’, and ‘fear of Divine *displeasure*’.

“And fear Allah, and know that Allah is with those who fear Him.” Quran 2:194

“Indeed, those who fear their Lord unseen will have forgiveness and a great reward.” Quran 67:12

In Islamic culture, the fear of God is seen as a guiding principle for moral and ethical behavior, encouraging believers to live righteously and avoid sin.

Hindu and Buddhist Cultures (*1500 BCE for Hinduism and 5th Century BCE for Buddhism*)

While the exact term ‘fear of God’ is not found in Hinduism or Buddhism, the concept of reverence

and respect for Divine or cosmic laws is central. In Hinduism, the fear of violating Dharma (cosmic order) and incurring Karma (consequences of actions) creates a moral framework. In Buddhism, a similar sense of reverence exists for the Dharma (the teachings of the Buddha), but it is more about personal responsibility than fear of a deity. These traditions emphasize reverence for universal truths and moral principles rather than a direct ‘fear of God’.

China and the Fear of Heaven (*Ancient China - 1046–256 BCE, Zhou Dynasty*)

In ancient Chinese culture, the term ‘fear of Heaven’ (*Jīng Tiān*) was used to express reverence for the Divine authority of Heaven (*Tian*), which was believed to govern the moral order of the Universe. Confucian teachings emphasized the need to act with “fear of Heaven”, as Heaven was seen as the ultimate judge of human actions. This concept shaped Chinese governance and morality, with emperors claiming the Mandate of Heaven to justify their rule.



As we can now clearly see through the lens of history, the ‘fear of God’ or similar concepts have been popularized across world cultures over many millennia, each adapting it to their religious and moral frameworks. In many cases, the term reflects reverence, awe, and moral accountability *rather than sheer terror*. Its earliest roots are in ancient Hebrew traditions, but it has been expressed in various forms across cultures, including Christianity, Islam, Hinduism, Buddhism, and Chinese philosophy. These cultural frameworks have used the concept to guide personal behavior, enforce societal norms, and legitimize leadership. Now family, **don’t you think that’s a lot of power squeezed out of three words?**

This concept was heavily woven into ancient religious and military culture through the Divine justification of violent

actions (fierce attacks or large amounts of negative energy). The consistency of this justified and glorified violence throughout history, warrants the rational conclusion that someone or some group *understood* that there would be a negative effect in the lives of countless surviving victims for generations to come. They took control of the way future generations would understand the word 'fear'. From the churches to the battlefield, the phrase 'fear of God' fell from the lips of priests; leaders and soldiers stained by the blood of the innocent. Over a period of time, people under the control of these empires moved away from the original meaning of 'fear'. Psychologically and emotionally their victims adopted the understanding that 'fear' means 'terror, a lack of safety, and *only negative energy*'. This expression of the power of words persists in current generations.

We can now see the direct connection to the energy of thought in our Mind and the energy of words we speak. They are two types of energy that Self manages, and that Fear seeks to manipulate. True alignment with both of these energies requires complete transparency with Self and an active awareness of the words we choose. In the beginning we will not be perfect. And that is perfect, because growth is a beautiful experience that we want to enjoy.

The Energy of Action

The third energy Self governs inside the Body is the energy of **action**. This energy is separate from thought and word because it can be expressed independently. What we *say* is not always what we *do*. What we *do* is not always what we *think*. Self is free to use any information, benefits, and energies in the field of Awareness to produce a change of Mind, or a decision towards a different *action*.

Once the decision is made, there is action or activity that the Body produces. The activity can be any expression. The only limit exists in the Mind. Self is empowered to decide the action *deemed worthy* of the decision. In this way, the

connection with Self and Body is set up to trigger our creation process in a positive, organic and productive way. When Self makes decisions that are followed by actions that *serve* Body, then Body will respond in positive ways. Responses will vary relative to actions (of course). Let's use a scenario for example.

Self's Decision

Eat clean healthy food and stop eating processed foods.

Body's Response

Typical responses could be high-functioning internal systems, acne-free skin, increased energy, better deep wave sleep.

In the reflection of this energy, when Self makes decisions with actions that harm Body, then Body will respond in neutral or negative ways. Many times we won't know the results of our decisions in totality. However, remember what Einstein said. "*Energy cannot be **created** or **destroyed**, it can only be **changed** from one form to another.*" Now family, when you are exchanging energy *inside Body* from one *form to another*, would you prefer to deal with *positive, neutral, or negative* energy?

The timing and consistency of the action in Self's decisions express unique vibrations of energy into the Universe. In other words, decisions bring rhythm to the manifestation process. In musical terms, they handle the *boom* and the *bounce*, the *clap* and the *bass drop*. The vibrations are a combination of thoughts, words, and action created with intention. There is nothing in the world that is identical to our individual vibrations. Imagine dropping a rock into a still lake in the same spot, repeatedly. Now imagine that someone has been completing that action every minute since you were born. When we commit to consistent actions, our activity creates ripples that develop into waves of energy vibrating outwardly. In that moment, we are emitting our rare combination of energy, our *frequency*, across the Universe. It's like

broadcasting our vibration across the most syndicated radio station in the galaxy.

In the practice of making *the best* decisions, our focus must be the **execution**. This means we must choose activities that we can *commit* to, that we can *grow* in, and that we *complete*. We do this by dividing our chosen goals into smart, repeatable and track-able actions. Identifying the individual challenges will not be difficult to do as Self, fully actualized, is keenly aware of challenges. However, it is important to note that consistency in our journey of Self discovery is fundamental.

We *do not* want to spend time in a '*start/stop cycle*'. Once we start the cycle, we **must** keep up the energy flow, even through the challenges. Check this out family. This is where the idea of a rhythm will help us again. Let's imagine the completion of a cycle of actions as the rhythm of your favorite song. In this scenario, *execution* is key to keeping the song rhythm. Starting a cycle of actions and then stopping with incomplete actions equates to dead air in the middle of the song. As you could imagine, that would diffuse the excitement and break up the party.

Decisions help us move forward in action. Decisions are a tool to change our status in any area of our lives. Much like a flowing river, Life is always moving forward. It never stops or reverses direction. When we complete these actions, we are executing within the forward motion, and ever so often, moving in *perfect timing* with the flow of Life. Sometimes we do not give Self enough credit, nor do we reward it enough for the effortless way it makes decisions that align us with the flow of Life. The energy of action *pulls* Self into alignment with all the vibrations and frequencies that stand as *challenges* to completing the activity of said decision, placing Self on a growth trajectory.

Decisions connect us with the world around us by expressing our intentions like a signal or beacon. This may feel vulnerable. Accept it. Vulnerability opens us to knowing our needs. It also allows for the Universe to respond and bring

into our field of Awareness the very thing we need. Many times that thing we need comes through another person.

We need to connect with people in this Life. The decisions we make with our vulnerability will enable others to connect with us and exchange energy. It is essential for our personal growth. These exchanges will eventually cause growth in our field of Awareness, and ultimately they will be *deposited* into the *bank of thoughts* for Self to manage. There is great value that can come from being vulnerable with our expression of energy. The best rewards come when we are vulnerable with Self and each other. I focus my awareness on the topic of human relationship dynamics in **Human Connection 101™**. Check it out for a closer look at how we all exchange energy with each other.

Divine Energy

Source, Universe, & Self.

There are many types of energy in the Universe. At the core of all living energies, there is a frequency that *sustains Life*. I believe that Divine energy moves through all Life. (see illustration YFF-30) Divine energy is the very essence of creation, the *magic* that fuels *living art*. It radiates like rays of sunlight from the sun. The rays of Divine energy stretch endlessly. This energy has no beginning and it has no end. The river unceasingly flowing forward that I spoke of earlier is actually a 'river of Divine energy'. It carries the flow of all Life as it moves through every vein, every root, every cell, every molecule.

“divine” (adj.)

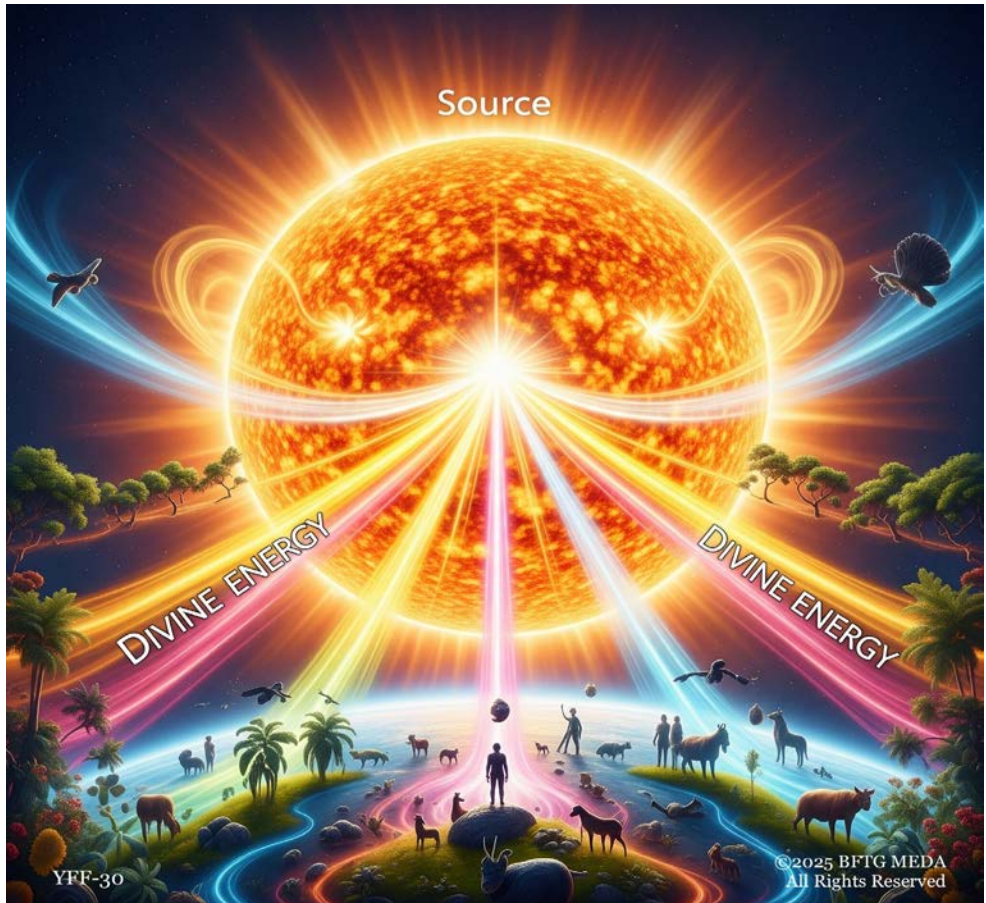
has its roots in the Latin word “*divinus*,” meaning “**of a god**” or “**godlike**”. This stems from “*divus*,” which translates to “**god**.” **The concept encapsulates attributes associated with deities, such as holiness, purity, and greatness.** The term made its way into the English language through Old French as “*divin*,” evolving in usage over time to encompass a broader range of meanings, from **describing religious figures and phenomena to expressing admiration for something extraordinarily beautiful or sublime.**

From my inner-standing, God or **Source** (as I like to call it) is the origin of Life and consciousness. Self is an individualization of Source energy. It's like a small sample cut away from a spool of fabric with a thread remaining unsevered. All of our consciousnesses are individual parts of Divine energy *constantly* connected to Source.

Now family, there are *levels* to this. Divine energy sustains all Life and flows through all consciousnesses. It is the invisible force that radiates from Source. Think of Source as the location where our consciousness *originates from* and *returns too* after our journey in Life. There is such a condensed organic formation of all frequencies in Source that it literally vibrates. The very frequency that Source vibrates *is itself* Divine energy. Source *emits or radiates* this conscious vibration. It travels through all dimensions and across all frequencies sustaining the rhythm for the song of Life.

As we tune into the Divine energy all around us, we can make decisions that bring us into alignment with it. This kind of alignment occurs when *we act* on the activities revealed to us by the Universe. These activities present themselves often. They tend to appear in 'perfect timing' and rarely require an expression of force on the will of others. This is because the alignment happens between *our will* (or intention) and the *will of others* that we encounter in the world. It requires a level

of preparation that must take place before the moment of alignment occurs. Often times a mosaic of decisions and actions are required. The completion of these innumerable actions and the conscious awareness necessary to *execute* such cycles *is the evidence we need* to know that said consciousness *is Divine*. This is why I call it 'Divine alignment'. Doors open *when we need* direction. Windows appear *when we need* vision. Knowledge finds us *when we're open* to receive. Divine alignment never fails to provide us what is needed in the *very moment* it is needed. Fundamentally, this is all an expression from the 'Mind' of Source. I definitely believe that we are privileged to have this experience. It's beautiful! All consciousness is a version of Divine energy having a Life experience. And I must take a moment to say, '***This Is Amazing!***'



The 3x Impact

The Alignment of Self, Mind, & Body

We now have a solid understanding of the three types of energy that Self governs through the systems of the Body. Self nurtures our thoughts, like seeds that bring forth the ‘fruits’ of words & actions. When our consistent *thoughts and visions* of Self align with the *words we speak* and the *intentional activity* of the Body, then the result is *magical*.

We can invoke Universal and Spiritual laws with metaphysical action. It’s a three part energy investment, stamped with our unique frequencies and deposited toward the focus of our manifestation. Manifestation has been perceived in many ways over the years. Let’s take a moment to define the term. In this book, we will define ‘manifest’ as ‘*to have in hand*’. In most cases, this will refer to the process of bringing our goals into this reality through focus, intention, and action. For this context, manifestation is a three-step process that requires alignment of Self, Mind and Body.

Self must first be aligned in the power of thought. Self – as the *conductor, operator* of Body, the conscious decision-maker – **must be on board with the desired outcome.** What we want, Self must want as well, or else there will eventually be internal conflict. To achieve this alignment we must not be ‘double-minded’ in our thoughts. This can look like *thinking* one thing and *desiring* something different. A great way to do this is with strategic incentives. This requires selecting the focus of our manifestation. The focus must have a true and deep value to Self to generate the level of commitment necessary to remain incentivized and relentless. With a deeply rooted incentive to manifest our focus, Self will guard our thoughts and nurture the ones that are in alignment with desired outcome. Self will make the *selfish* decisions that keeps us aligned with the thoughts of what we *truly* want. This invisible agreement warrants control over our thoughts. Self is empowered to govern Mind, arresting any thought that is

out of alignment with what we want. This allows us to focus on the next energy we must align, our words.

Self must be aligned in the power of intentional words.

We speak these thoughts with intentional words. To activate the power of words we must speak those things that have not yet been manifested as though they **already exist**. We *choose* words that convey precise meaning to express intentional energy. As I mentioned earlier, it is important to understand the original root meaning of these words. We will focus on that part of the process in the next section.

It is also important that we protect **our use** of the power of words and that we protect Self **with** the power of our words. Both are vital. As we discussed earlier, Fear seeks to disrupt our energy, and control the power of our words. We protect our dominance in the power of words by not submitting to other people's words and thoughts about us. It's only when we submit our power to other people that we temporarily give up our power to *define our own perspectives*. We always have the right – nay, the privilege – to define who we *are* and who we *want to be*. We use the power of words to *protect* Self by only speaking positive words and phrases *about* Self. This is especially effective when we find Self in a negative situation and *intentionally* express positive phrasing when speaking about Self. This is an example of **true self-love**. We don't have to wait to hit the gym or the nail salon. Let's do it right now.



ACTIVITY 2.3

- Look in the mirror or camera while reading the following affirmation three times.

“I am a Spirit being, having a human experience, on purpose.”

These kinds of affirmations directed at our self-perception are great tools for growing self-confidence, self-awareness and self-worth. They open our Minds to see the *purpose* of Self and create an opportunity for grace to be exchanged as we acknowledge that Self is having a new, yet *familiar*, experience. There should be no pressure placed on Self to ‘*know everything*’, but rather to *grow daily*. When we practice speaking positive affirmations directed at Self, we are simultaneously *protecting Self* from the energies (thoughts and words) that *do not align*. Remember, the thoughts and words of others will have limited power compared to the power of the thoughts that **we** think and words that **we** speak about Self. Once Self uproots the negative thoughts from our Mind, new levels of intention can be achieved. The deprogramming or ‘shadow work’ that Self must complete does take time. We must continue the mental & verbal protection through our journey, actively shielding Self from the non-constructive words of others. We must also use clear words to express our intentions and positive prospective of Self. In this practice we will grow by bringing the power of words into alignment.

Self must be aligned in the power of actions. Quantum physics shows us that all molecules are *currently* in motion. Motion is the common variable that animates Life. From atomic level to galactic level, every atom is **in motion**. This is why, as previously stated, we are *compelled* by Life as though we are swept up into the intense current of a river unceasingly raging forward. When we give Self the right amount of time to process, the result can be a string of decisions with activities that stay in perfect harmony with the rhythm and flow of the

river of Life. In this alignment, we experience the power of the energy of our actions.

The energy of action typically originates in the words we speak. Those words, of course, have their origin in the thoughts in our Mind. Self administers the decision with activities, and Body takes action. When we speak about Self in a positive manner and then act, or do the very thing we spoke, the power of action is activated.

First, we will notice, this power brings us **order**, and not just to a list of *any* actions. It brings order to the *ideal* (or *strategic*) actions that must be completed in order for us to *elevate* in the pursuit of the goal. Next, this power aligns us with the timing of the Universe, opening us up to receive the understanding of the best route and method with which to act. It opens our field of Awareness by *adding* information. We become in sync with the flow of energies all around us.

Lastly, the power of action gives us **trackable data**. Everytime we execute the activity of our decisions, we are given a way to track the progress along our journey. I know we all would agree that progress is essential. Life is a constant flow of energy that is experienced in the *present* and moving toward the *future*. Growth should be considered a constant attribute of Life. The data our activity provides gives us the vantage point we need to visualize Self's growth.

Alignment of all three energy expressions is a master key skill to manifestation. Perfection should not be the goal, but rather to see a progressive and organic pattern emerge after taking the initial steps present in our field of Awareness. The balance that comes when Mind and Body are in agreement is truly *unparalleled*. This is mainly because the agreement was delivered by Self as an incentivized treaty among the three of them (Self, Mind and Body). It's a metaphysical *trust agreement*. The harmony that develops from this alignment is a work of art; first *internally*, as positive reflections of Self melt into emotions, then *externally*, through the vibrations that we emit within our communities.

Conclusion

Remember, it is crucial that we understand this point about manifestation. We must *give* what we want to *receive*. It is widely believed that Mahatma Gandhi said “*be the change you want to see in the world*”. The key is *knowing* we are *worthy* of what we *want* and *who* we want to *be*. When we get into a healthy cycle of *giving exactly what we want to receive*, we activate the Law of Attraction in a strategic way. We are practicing consistency with intention, plus the 3x Impact energy deposit. The vibration we put out *must* return with **value**.

The presence of Fear proves that there is a *present* and *ever-growing* value that resides within us, especially when we are practicing the highest levels of transparency with Self. This state is unique because it empowers Self to harness the power of Intention. Clear and focused **thoughts** lead to clear and focused **words**. When consistency is applied, the result is focused and trackable **action**.

Practicing Universal and Spiritual law (like the Law of Attraction) in this pattern of incentivized energy cycles will inevitably cause the creation or manifestation of whatever is the focus of our awareness. It all begins with thoughts, which are just like seeds planted in Mind. These thoughts become powerful when intentions are applied. Fear seeks an opportunity to seize the energy that Self organically welds in these intentional expressions. Fear seeks to *manipulate our thoughts*, *change the energy of our words*, and *disrupt the momentum of our actions*. This is Fear’s mission.

Why would Fear want to cause such a change within us? It’s because Fear was seeking to *balance* the energy that it perceived *prior to* arriving in the presence of Self. From this perspective we can see that Fear’s presence in our field of Awareness both *confirms* the existence of a powerful energy and *validates* the value of said energy, unequivocally stating its worthiness to disrupt. We may not know what motivates

Fear, but we know Fear appears to and can have a powerful effect on Self.

Why does Fear appear to us? The answer is because there is a special energy made available at the meeting of Self. Fear aims to control and/or neutralize the use of this powerful energy. This is **our power**. It is a part of what the Creator (Source) *endowed* upon us as inalienable rights. Self was rewarded this power upon birth, even before levels of consciousness were developed. The ownership and management of our energy has been suppressed in many areas of our Life. But Fear's presence is a common occurrence that happens to *everyone*, especially us, the Cre8ives. We can not continue to think that the presence of Fear can *solely* have a negative impact on Self. We must respect Fear's answer to the question 'why appear in our Life so often?'. Fear sees the *true* value of our energy and the *full potential* of its impact within the world around us.

ACTIVITY 2.4

□ Look in the mirror or camera while reading the following affirmation three times.

"I am valuable, and my energy is Divinely powerful!"

You see family, **we are powerful conscious Beings** that possess a unique energy in the world! This is a constant fact, whether we have been aware of this truth or not. Even in our lack of knowledge and understanding, we still *possess* this wonderful energy. Self has *always* had rightful dominance over Mind and Body.

However, we do experience situations where we look to the direction of others, temporarily giving up the position of governance held by Self. Many times it is important to follow the lead of others that have more understanding and/or skills. Even while submitting to the lead of other's, we must maintain growth in Self. We must continue to protect our Minds by affirming positive thoughts that define Self and uprooting

negative and neutral thoughts that do not *serve* Self. It's also a priority that we continue the activity of our Body, following through with the commitments made between Body and Self (like fitness, dietary, and creative goals).

We can manage these energies and focus on whatever we want through the power of Self, our consciousness. Our consciousness controls this power. Our consciousness controls the power ***that Fear seeks to manipulate***. The reason we are visited by Fear during the creative process **is because of a potential energy exchange**. Fear shows up 'out of respect' for the power of our consciousness. Fear knows that there is an opportunity to disrupt the focus, thoughts, words, and systems that Self manages. Fear is saying, **"if I can just get the attention of Self, I can seize control of the power."** Our consciousness wields the power to focus the energies of Self on whatever task we choose to do. This power gives Self an inalienable value that Fear can not resist. Reflect on this passage from "The Religion of Duty" on the teachings of Jesus concerning the value of consciousness.

*"...the teaching of Jesus rises in eternal protest. He teaches, on the contrary, that it is not what a man actually reveals himself to be, **but his possibilities, that render him sacred**. It is not the science which a man has acquired, nor his artistic sensibility, **but it is the conscience within the man**, even though it be a dormant conscience, that invests him with a certain high worth, which it is **the worst kind of blasphemy to deny**."*

- FELIX ADLER THE RELIGION OF DUTY, P.84

Dear little You, pt. 2

Even though the knowledge of our Divine connection was apparent to all humans, as the communities grew, I noticed that the number of new visitors waned. Over time, I would not see many new explorers searching me out but rather a few consistent humans. These humans were leaders. They were followed by larger groups of people that did not attempt to approach and kept their distance. Those individuals would focus and prepare for our encounters. I knew this because they would focus their strength to remain in my presence as long as they could endure before becoming overwhelmed and retreating. I loved their new level of focus so I followed their lead, sharing as much knowledge as they could handle. The next creation that appeared on the lands we shared changed everything. Kingdoms emerged, and my relationship with your ancestors shifted.

At the praise and infamy of the merit of their leaders, Humanity reached new levels. Your people were no longer living in villages and towns, but in large cities. I followed an influential leader back to one of them. I noticed that those who were not visiting me would remain in their comfort zones, moving about in a *series of patterns*. They would complete the same actions *repeatedly*, especially when *sharing the stories*. It was then that the truth of the age came to me. All of your ancestors were using a knowledge of hand motions, audible inflections, and character modeling to share the *same stories*. Humans had been reciting and showcasing the *old stories of our*

encounters. The leaders of your ancestors were no longer sharing stories of *their new encounters* with the rest of your people.

I realized that the growth received by their leaders was no longer moving through the rest of Humanity. Their leaders used the knowledge to separate themselves from those who were not venturing out of their comfort zones to visit with me. I felt the disconnection, so I went into the cities for a closer view. I watched as their leaders took the knowledge I freely shared with them and practiced it in secret, *away from the communities*. Eventually, the leaders created a separation in the groups, namely those who had **new** stories, and those who only had **old** stories. The leaders would store all the knowledge they collected in their lifetime in *special collections*, and only disclose them to descendants of their bloodlines.



Cities became nations and visits almost stopped. Humanity had learned so much about themselves and the world around them. Instead of new knowledge they began to desire material possessions. Quarrels erupted like earthquakes across the land. Leaders began using the power of their stories to rally their nations to war. They focused their strength to take over nations of other people and natural resources. I did whatever I could to regain the attention of your people in encounters during their journey to other nations. However, instead of awe, I was met with a feeling of *deep* anger and a fierce lust for power.

The leaders used their power over the people to change their perception. I watched the shift in focus take place. I witnessed your ancestors use the power of storytelling to create false understandings in the minds and hearts of the people. They weaponized the stories that once sparked inspiration to ignite a *new emotion*. They called it *ter-ror*. Leaders saturated the airways and media frequencies with false images of me. I heard them preach that my skin is “dangerously” *dark* and the difference in my appearance made me *untrustworthy*. Another

one said my wings, which countless times carried me to their aid, were “*unnatural* and *evil*”. Then, I heard one of the leaders that often would dwell in my presence say, with hate in his heart, that “my eyes burned him like fire and he *feared* for his life.” I remember the *same leader* stared into my eyes for countless hours, held captive by his gluttoned *lust for me*.

The leaders called for the formation of a defense and *used me* as a scapegoat for wars between nations. They told the people that *I* was the reason why peace had deserted them. Witnessing this shift in our relationship broke my heart. For so many generations I have supported your ancestors. My intentions never changed, somewhere in time, theirs did. They used to call me an angel, but not anymore...

angel (n.)

“one of a class of spiritual beings, attendants and messengers of God,” a.c. 1300 fusion of Old English “engel” (with hard -g-) and Old French “angele”. Both are from Late Latin “angelus”, from Greek “angelos”, literally **“messenger, envoy, one that announces,”** in the New Testament **“divine messenger,”** which is possibly related to angaros **“mounted courier”**.



CHAPTER 3

Understand The Truth

Now, we should have a shared understanding of Fear's presence. We know what Self *brings* to the table in a meeting, and what Fear *sees* from the other side of that table. What we are going to learn next will complete the picture of what's missing from the table. The balance we need to achieve is knowing what Fear brings to the table.

*“Do we truly believe that Fear comes empty-handed to us?? The Universe designed Fear to **manipulate** value, just like Self was designed to **manifest** value.*

- MIN. M.J. TUCKER 12-11-22

The *key* to realizing the value is **activity**. Let's utilize the mindset of '*always do the activity*'. We commit to the activity. There is no need for specific conditions. We will choose the **road of least resistance** whenever possible. Why this route? Because we are tapping into Divine alignment. We are opening our Minds to receive the truth as displayed in the Universe

around us. There is no need for us to force anything. The information will flow to us as we seek it.

We will break down some essential tools in the coming sections. These are the same tools I use to expand my understanding daily. I share them freely with you family, because I want you to understand.

“There is no learning without first studying. There is no overcoming without first an action.”

MIN. M.J. TUCKER 12-11-22

As we move into the second step in decoding Fear, time becomes our most valuable asset. We must study to *grow past* the feeling of fear (or being afraid). **The best time to grow is always now!** It takes seconds to visit a website and run a search. There is no downside to taking the time to study a topic. We are rushed in so many areas of Life. We *should* take ‘study breaks’, primarily to practice *patience*. This is as simple as taking five (5) to ten (10) minutes to sit and research a topic of interest. We can also choose to be as dedicated as two (2) to four (4) hours of study time to focus on a specific topic.

The more knowledge we gain, the larger our field of Awareness can expand. Again, **there is no downside when we study**. This is most organic when we study topics in alignment with our current areas of growth. In this way, we can make the best use of our time, by studying an area about which we are passionate. We stay aligned by paying attention to the energies that *flow to us*. These are like messages that are *delivered* to Self. They always urge us to act in the form of a growth activity. We can discuss whether the senders are angels, demons, ancestors, fairies, or more Divine in Nature. One thing is for certain, the sender of these messages knows that even just ten (10) minutes a day can add up with consistency.

15 Study and do your best to present yourself to God approved, a workman [tested by trial] who has no reason to be ashamed, accurately handling and skillfully teaching the word of truth. 16 But avoid all irreverent babble and godless chatter [with its profane, empty words], for it will lead to further ungodliness.

2 TIMOTHY 2:15-16 - AMPLIFIED BIBLE (AMP)

Studying is essential to learning anything. This is an *age old* truth. Yet, when was the last time we were taught *how to find* the truth? In grade school, I do not recall getting tested on *rightly dividing the word of truth*. This is an important tool that we will learn today. First, let's look at a benefit of Fear that we can use to focus our studies.

Fear gives us instructions. These instructions are presented at the very moment we sense the presence of Fear. They are always right there like the tag on the mattress that says "*do not remove from the mattress under penalty of law...*". These tags typically list materials, manufacturer details and registration information. It serves as a proof of purchase for the mattress with instructions specifically addressed 'to the owner'. Similarly, the instructions Fear presents hold the **very proof** we need to see the *true character* of Fear. The evidence that can tilt the scales of justice and vindicate Fear once and for all.

Facts, Challenges, & Instructions

The instructions are the **core facts** that Self must understand to execute the information that Fear *brings to the table*. In this section, we will explore the **boundaries** that we maintain, the **instructions** Fear delivers and the **challenges** this awareness presents. We will dive deep into techniques to access the instructions that Fear brings. We will also gain a fuller understanding of Fear's *intentions* in offering said instructions in the first place.

Ok family, it's time to get into a frame of thought to help us process a moment in Fear's presence. Let's take a step back

and get a good look at the whole scene. Think about a time when you encountered Fear in your creative process (or any moment you can recall). Take a few moments and go back to that place. Close your eyes if you must. Go to the moment when you could feel Fear *standing* right in front of you. What were your eyes *focused* on? What were you **not** *focused* on but can now see in the scene? Look up and down. Look to your left and right. Look behind and beside Fear. There is *wealth* beyond *measure* in this scene!

There are *facts* that come into our awareness in the moment of Fear's appearance. They are usually shining in our awareness, like treasures *hiding in plain sight*. This is true because we are experiencing this meeting *while* in the 'river of Life'. As the river flows forward, there are real life circumstances that are taking place both *internally and externally*. In the present moment, when we encounter Fear in our Minds, there are invaluable insights akin to *priceless gems* for Self. These insights are like refined *Vibranium*, ready to be leveraged for advancement in any area. They are secured within treasure chests that require decoding to access. Here are some questions we can ask ourselves while we are in the presence of Fear. The answers will help us decode the chests and access the gems inside. Note the answers in your journal for reflection. Add this phrase before each question: **"In this moment..."**

- ◇ What are you doing?
- ◇ What are you thinking?
- ◇ Where are you physically?
- ◇ What can you do?

Gather The Facts

These questions will *bring the facts to us* in a way where we can process the *true reality of Self in the presence of Fear*. In this perspective, we can see that Fear is a force that is *responsive* to Self. Much like an electric-magnetic field feeding another electric-magnetic field, Fear wants to *charge us*. Fear brings us a unique charge that is *stimulating* and *exciting*.

Remember family, the amygdala is the part of our brains that controls our response to things in your environment, especially those that trigger an *emotional response*. The amygdala is triggered by both Fear *and* excitement. As we hold in Mind the facts that Self can perceive while in the presence of Fear, we unlock the *creativity* that allows us to *explore this space*. The creativity to see how our energies can move while in the presence of Fear. It's stimulating to see *how close* we can get to Fear. The closer and closer we get to '*touching Fear*', the *stronger* Self becomes. As we practice in Fear's presence, Self is taking thorough notes along the journey.

We want to take note of the three (3) most important facts that Fear presents to us upon arrival. Seek to understand the most prominent facts that stand out in your awareness while in the presence of Fear. As we practice this form of notation over time we will see patterns emerge. A series of results that will appear repeatedly. It might possibly be a feeling that consistently dominates our emotions, or a longing for a *missing energy or skill*. Self will identify the three (3) most important facts that are common in its encounters. It is imperative that we have a solid understanding of this information. These three (3) facts provide us with foreshadowing and aid us in the revelation of challenges that Self must overcome in order to grow.

Boundaries

Family, we all have boundaries in our Minds and in our fields of Awareness. These are *invisible lines* drawn in our Mind to acknowledge areas of thought, feelings, and actions that we chose not to cross. These boundaries have been set to control the flow of our energy. Some lines have been drawn in our inner Universe by Self. Other lines have been sanctioned by those *whom we have allowed* access to our field of Awareness. Either way, **we can control the limits we place on Self**, always and *in all ways*.

“Even with physical chains and bars all around us, and mental and emotional shackles restraining us, we are only as bound as we allow Self to be. Even when resources are abundant, wings carry us anywhere in the galaxy, and peace is known by all, we are only as free as we allow Self to be.”

MIN. M.J. TUCKER 12-11-22

There are many ways that we allow *someone else's* boundaries in our Mind. This can happen in our adolescence while we are depending on and admiring others around us. This can happen while we're consuming media (*TV, magazines, movies, radio, podcast, social media timelines, etc.*). This also happens when we get into trusting relationships and are influenced by others. This can also take place in situations where we are under **anxiety, unwanted pressure, or trauma**. These are all ways we allow boundaries to be formed in our Mind by *outside energy*. We also form our own boundaries. Primarily based on experiences in Life, Self will form boundaries and decide to label some information and activities as '*out of bounds*' in our Mind. This can take place for protection. Many time these types of boundaries are created in the presence of Fear.

The Uncharted Territory Within

We create these boundaries to frame Self's understanding of *known* and *uncharted* territory. I use the term *uncharted*, because we have yet to physically, mentally, emotionally, and spiritually explore the territory beyond the boundaries. It's like a thick fog lives over the territory until we map it out in our Minds. We have *no truth* of what has existed in that territory. One thing we know for sure is that in our awareness there now exists ***something new to learn***.

There are untold treasures of knowledge and understanding in the uncharted territory. Answers to questions and thoughts we've yet to know are buried in that territory. Family, our motivation is to *not just overcome Fear*, but *to grow in Self*. In order to accomplish such expansion, we must learn more about the instructions that Fear presents to us at arrival. We must expand: first our knowledge, then our application and practice of said knowledge.

Unlock The Challenge

Many times, we meet Fear at the edge of our boundaries, right before we crossover into uncharted territory. Let's think about this for a few minutes. *Why is it that we meet Fear here so often?* Why are we *called* to the edge of our boundaries? Sometimes our creativity and curiosity will lead us to the edge of the known territory (or the familiar areas) in Mind. It's like Self is receiving messages, encouraging the **exploration of newness**. This could be new art, new mindsets, new skills, and ultimately, *a new version* of Self. We are often *guided* closer to the uncharted territory to *expand Self*.

Once Self arrives at the edge of the boundary of the known and unknown, Fear appears between Self and the border *presenting a challenge*. Fear's *location* (the situation in which we meet) reveals the *area of focus* for the challenge that Self must overcome. Is this moment experienced in front of the canvas? Was it on a stage? Is Self face-to-face with someone else? Are you in a conversation? The *very place* we meet Fear

should be the focus of our studies. Place a 'pin' in Mind. We must visit this place to study the scene multiple times. **This is how we practice.**

We now find ourselves *pushing the boundaries* that we previously held in our Minds as immovable. This is a rare space we experience, when we go back and forth in the presence of Fear. While exploring the borders of our boldness, individuality, and judgment-free zones, we gain a deeper appreciation for overcoming a past of being paralyzed by Fear.

Keep The Instructions Organized

With each expansion of territory, we receive a boost of self-worth and an expansion of our field of Awareness. The journal of notes that Self has scripted along the way are priceless. This is a beautiful growing process that produces the 'fruit of action' previously mentioned. In this space we can learn from the numerous encounters we've had in the presence of Fear. The reflection is a looking back at the instructions: including the *physical* and mental notes taken by Self throughout this journey. The information learned became pivotal points of growth and expansion. Use bold ink, button points, recurring sections, capitalization patterns and highlighting for your ease of navigate over time. Define layers of organization that can legibly be followed. Our notes from collecting the facts in the presence of Fear are **instructions**. The detailed notes from studying and understanding the truths are **instructions**. Hidden in the awareness of the locations in which we meet Fear, are **instructions**.

Fear's First Gift

There is a clear setup happening here. It is not difficult to see that Fear is showing us something. Fear is giving us a clear perspective of *what* we must overcome. Every time it arrives, that challenge is clear to Self. Fear has been bringing a **present**.

Yes! Fear has been saying, **“if I can just get Self to... master this challenge!”**. Fear is showing us **what to focus on** so we can **progress**. Let's think about it from the perspective of Fear. Before Self encounters Fear, it awaits patiently. Even though Fear is eager to be discovered again by Self, it does not follow us around throughout our days. Fear is not idling waiting around every corner or behind every door. Fear is not loaded into every threat and comment from others. Fear is not everywhere all at once. Not at all, family. Fear is waiting at the boundaries that Self erected. In fact, Fear is not even *hunting* Self. Instead, we can see that the opposite is true. Self is attracting Fear.

Self is unknowingly wired to seek out Fear by eventually exploring Self's boundaries. These boundaries are under Self's control. If we want to overcome these boundaries, then Self must expand. The expansion of Self pushes and removes boundaries. This expansion happens every time we grow our knowledge and execute our new understanding. **This is one favor Fear is doing for us, showing us where our present boundaries exist in our Minds.** Fear delivers a second gift as well. We will unwrap it in the coming sections.



ACTIVITY 3.1

Get in a safe and quiet place and follow each step one at a time.

Part 1

- Sit up with your spine straight and legs folded (*comfortable for you*).

Rest your hands on the matching knee with your palms up.

Take a breath, count to one (1), and exhale, count to one (1). Repeat in rhythm ten times.

Part 2

- Focus your thoughts on three (3) things that you do better than anyone you know.

Out of those 3 things, focus on the #1 thing you do better than anyone else you know.

Write it down on the line below (the previous item if you are repeating this step)

Within your #1 thing, consider what makes you the best to do it.

Part 3

□ Imagine taking that #1 thing and accidentally leaving it on a bullet train.

Now that your #1 thing is gone, breathe three (3) times. Inhale to a one (1) count, and exhale to a one (1) count, (*repeat in rhythm*).

Continue breathing; repeat part 2, then part 3 and be sure to update the list for 3 rounds.

List of Your Weaknesses

Weakness 1 - (*our #2 best thing after we lost the first #1 thing on the bullet train*)

Weakness 2 - (*our #3 best thing after we lost the second #1 thing on the bullet train*)

Weakness 3 - (*our #4 best thing after we lost the third #1 thing on the bullet train*)

The best thing I do is _____

When we focus on removing our self-perceived strengths from thought, then we can identify weaknesses. The order of the list we made is starting from the smallest weakness to the largest weakness currently in Mind. And this is just scratching the surface, family. If we are ready to dive deeper, let's focus our thoughts on specific boundaries. Continue the activity into part 4.

Part 4

□ Focus on the boundaries that Self maintains and submits to.

Pick just one where Self can constantly feel the presence of Fear.

Think about the uncomfortable areas in that space.

Focus on what is making you feel uncomfortable.

Focus on what is making you feel limited.

Focus on what you feel Self is missing in this moment.

In your journal, write down the thoughts that come to Mind. Example:

1 - (*Self is missing...*)

2 -

3 -

Congratulations! You've just discovered your boundaries and now have a list of areas to focus your studies.



Study To Show Ourselves Approved

How To Do Research

Let's pause to think how afraid we used to be of Fear. I can remember occasions when my Body was immobilized in the presence of Fear. It was the lack of knowing what was going to happen that I remember most. I was suffering from the 'fear of the unknown'. This is a common way the emotion of fear can control decision-making moments.

In this age, you can access media anywhere and everywhere. We consume billboards on highways and our timelines. News, music, and sports dominate the airwaves. Podcasts are havens for diverse and thriving communities. With so many media outlets pouring messages into our minds, the **truth** is vital. Information is currency, but truthful information is a rare mineral. However, here's one time-tested way to determine if something is true: **study**.

Fear brings a bonus upon arrival. That bonus is a **target** – a bullseye that lets us know where to focus our energy. This gives us a possible trajectory. Aligning our focus in the initial areas of study leads to the next key revelation, which in turn provides another area of study followed by new revelation and so forth. One area of practice Divinely feeding into another along a path of enlightenment. The more you know about any subject, the more we understand the truth surrounding that subject. When we do not know about a subject, we tend to hesitate in decision-making moments. To understand anything we must **take the time to read, connect timelines, and validate facts**. We can follow this process to learn about what we envisioned earlier when exploring uncharted territory beyond what we fear. This is how we gain the knowledge we need to *not remain afraid and immobilized* while in decision-making moments.

Successful Study Techniques

◇ Set aside time to Study

There is no way around it; **we must set aside the time to study.** It is the key factor to learning. It is the way that information is transferred to Self. We can not learn just by *thinking about* information. We learn by *understanding* the information. Let's sharpen our Minds to understand that studying is a core part of growth and expansion. If we want to expand everyday, then studying must be a core part of our daily lives.

Family, I know what you're thinking, *'There's gotta be a shortcut. I don't have the time to study!'*. The answer is **yes**, of course there is. The beautiful part is that we can study organically in a pattern that adapts to our Lifestyles. In some phases of our journey we will allocate hours each day to study. For example, a painter researching a style of art and investing 2-3 hours in a library to learn about the cultures surrounding the originating artists. At other phases we will take the time to search for the understandings in the present moments in which we need them. For example, while waiting in a long line, we hop on etymonline.com to research the origins of a word.

Whether it's the calendar-structured method or the free-flowing, organic approach, **the best approach is always the one that gets you studying.** My advice is to attentively experience each approach as the passion around a subject builds. This way you can open yourself up to study freely as the thirst for understanding thrives.

◇ Understand The Root

The root is the source of an event, decision or emotion. Typically, when we can move past our initial response to an issue, we then can focus on finding the root. The root is not always what caused the situation we are experiencing, but many times it's what is sustaining the current situation we are experiencing. What is the dominant energy that is fueling and/or feeding off the situation? Where is it emitting from? Focusing on this root energy will help us understand

how this energy fits into the bigger picture.

The root will always give a solid starting place to study and open our understanding to receive the bigger picture. There's **always** a bigger picture to Life. We can get stuck in the details, but it does not negate the fact. Understanding the root will help us see the bigger picture clearer. For example, society will show a specific lifestyle a human Being *can have* and a picture of *how to attain* said lifestyle. This is a 'small glimpse' of a larger situation taking place in the background. The *bigger picture* is that Self is *alive and conscious*, everything is *energy*, all Life is *a river of Divine energy*, constantly moving forward. This is the root of any human lifestyle. Understanding the root, or the origin, of a topic is done by researching its history.

♦ Unlock Cultures

Most of the subjects that Fear's challenges will reveal will inevitably take us all to the same places. No matter what our initial topic may be, we will all follow the connecting information to the root. While studying the history of any topic, the first attribute we will want to have a solid understanding of is the **culture**.

There is always a group of ancestors that *proficiently practiced* the topics we are researching. They created art and left behind *artifacts, ruins, or evidence of their existence a lifestyles*. Most importantly, these people had a way of *communicating their knowledge* with others. In most cases, these people practiced *a spoken and/or written language*. One of the easiest routes to start our cultural studies is through a **word**.

Words, as we discussed earlier, hold their own power. We can fully harness their power when we know about the original cultures that used select words on a daily basis. The language of a group of people is the key to unlocking their culture. With this key, we can look closely at the important words, how they are used, and their original meaning. Once known, Self can then use these important words aligned with

their original context and intentions. The best way to do this is by practicing etymology.

etymology (n.)

Origin and meaning of **etymology**

late 14c., *etimologia* “**facts of the origin and development of a word,**” from Greek *etymologia* “**analysis of a word to find its true origin,**” properly “**study of the true sense (of a word),**” with *-logia* “**study of, a speaking of**”, “**true sense, original meaning, neuter of etymos “true, real, actual,**” related to *eteos* “**true**”.

Etymology is the study of the origin of words and how the meaning of words has changed throughout history. Let’s take the word “etymology” as an example. “Etymology” derives from the Greek word *etymologia*, meaning “**analysis of a word to find its true origin.**” Etymology is a simple technique to use in our research. All we have to do is know the word we want to study, then visit etymonline.com and run our search. The word will display the group of people that used the word in various ways, and in many cases, with various meanings. Just like the Greeks who expressed their desire to understand the origin of words through the use of *etymologia*, each word we search will show a culture and people group that harnessed the power of the word before us.

◇ Overlap The Timelines

There are many times in our study of history that we will come across multiple civilizations. This is especially true when we are practicing etymology. Different groups of people lived in the same regions in the world. These groups traded with each other and shared languages. Sometimes the meaning of a specific word was changed by a people group for their own reasons. Such is especially true when it comes to the word ‘fear’. We will see this clearly in the coming sections.

It’s possible to change the meaning of a word because of the **overlapping timelines of cultures**. For example the

Old English, German, and Indo-European cultures have connections between their languages. When we understand the cultural timeline we can build a perspective that progresses our knowledge. We gain a sense of the chronological order of real world history. **We will also learn about the location of certain cultures in the world.** Groups of people that shared the same region at the same time or lived in the same region at different times can have very dynamic differences in culture. One helpful tool for identifying civilizations by dates is worldhistory.org. Here, you can learn about civilizations that overlapped with each other throughout history.

◇ Get A Bird's Eye View

Perceiving any situation from the ground will provide a certain kind of information. It is a perspective that most people primarily see their lives through. It's not the *only* perspective. Imagine what a flying bird sees looking down. Think about the freedom of motion and range of view that are open to a bird. It's completely different from our perspective from the ground, right? Well, let's use that bird's eye perspective about our studying. Study topics that connect or feed into each other. This will lessen our learning curve because the knowledge will be built from topic to topic.

Study time will produce solid understandings etched in our Minds on clear foundations. The bird's eye view will also provide us with a route to follow as we study. Like when a bird is flying high over a road and looks down, we will begin to see a trail of connecting information and topics. It will be a 'study map' of sorts. We can follow the interconnecting topics as they entice our awareness. Warning, this map can also take us down a rabbit hole if we aren't careful. We must be sure that we stay in pursuit of passion.



Origin of Fear

Now family, let's get a better understanding of the meaning of 'fear'. Fear has been present in the human experience from the beginning. Let's talk about the earliest writings about Fear, and see what was understood about its nature. Keep in mind that Fear and its interpretation has existed in human consciousness and oral storytelling traditions **long before** it was recorded in written form.

In ancient Greek literature, the works of Homer, including the Iliad and the Odyssey, are among the earliest surviving written works that explore human emotions, including fear. These epic poems, believed to have been composed in the 8th century BCE, depict the experiences of heroes and warriors in the face of fear and danger.

One notable quote on fear from Homer's works is found in the Iliad. In Book 12, Hector's speech to his comrade Polydamas, urges him and other allies to stand firm and witness his courage in battle. He says:

"But come, my friend, stand by me, and see what a man's fear is; make straight for me, that thou mayest quickly know him face to face."

ILIAD, BOOK 12, LINES 230-231

This quote reflects Hector's courage and determination in battle against the Greeks as he rallies his allies to help him by inviting them to meet fear 'face to face'. He wanted to show that courage is not displayed in the *absence* of fear, but rather resolve in the *presence* of fear.

Greek philosophers like Plato and Aristotle also delved into the nature of fear. Plato considered fear to be a response to the uncertainty and unpredictability of the physical world, while Aristotle regarded fear as a natural instinct designed to

preserve and protect oneself from harm. He categorized fear as a basic emotion related to the preservation of Life.

Plato, discussed fear in various dialogues. In “The Republic,” one of his most renowned works, he offers insights on fear and its impact on individuals and society. While there isn’t a direct quote solely focused on fear, there are passages that touch upon related concepts. Here’s an excerpt that explores fear in the context of justice:

“We shall be right in refusing to admit him (the unjust person) into a state which is to be governed by reason and by law, and we shall justify our refusal on the ground that such a person is not sound-minded, not a friend of true order, and is full of confusion and fear, because he has a sense of his own wickedness.”

PLATO (THE REPUBLIC, BOOK IV)

In this passage, Plato suggests that the unjust person, due to their actions and conscience, lives in a state of *inner turmoil and fear*, making them unsuitable for a society built on reason and justice. Aristotle discussed fear in his philosophical works, particularly in his treatise on ethics called “Nicomachean Ethics.” Here’s a quote from Aristotle that touches on fear and its relationship to courage:

“Courage is the first of human virtues because it makes all others possible.”

NICOMACHEAN ETHICS, BOOK III, CHAPTER 6

Though this quote doesn’t directly mention fear, it highlights the significance of courage in human virtue. Aristotle believed that courage is essential because it enables individuals to face and overcome their fears. It implies that courage serves as a foundational virtue, allowing individuals to navigate

challenges and cultivate other virtues in their pursuit of a well-lived life.

In Greek mythology and literature, Fear was often personified as Phobos, the god of *fear and panic*, one of the sons of Ares the god of war. Fear was seen as a powerful force that could consume individuals and undermine their courage. On the battlefields, Phobos and Deimos (his twin sibling) would ride out with Ares. Deimos was the god of *terror and dread*. Together, as a family, their presence was known to ensure soldiers would run in panic or become *paralyzed* by Fear.

Overall, Fear held both positive and negative connotations in Greek culture. While it could be seen as a necessary self-defense mechanism, excessive or irrational fear was often considered a weakness that hindered one's ability to lead a virtuous and fulfilling life. When reviewing the perspectives of the history of 'fear of God' section (*in the previous chapter*), one fact is consistent across the timelines; Fear is **a force** as *ancient and inevitable* as war itself. Every human being experiences Fear at multiple stages throughout their Life. Let's look at the origin of the word "Fear". For the past 250 years or so, the word has held the definition we know now.

fear (n.)

an emotion experienced in anticipation of some specific pain or danger (usually accompanied by a desire to flee or fight)

fear (v.)

be afraid or feel anxious or apprehensive about a possible or probable situation or event

This is the commonly accepted *English* definition of fear. We need to go to the root to understand the original meaning of a word. We know that England (*the English people*) derived most of their languages from Europe. So, let's take a

closer look at the history. Here's some context on the native languages of Europe.

The Indo-European languages are a language family native to the overwhelming majority of Europe, the Iranian plateau, and the northern Indian subcontinent. From there, further linguistic divergence led to the evolution of their current descendants, the modern Indo-European languages. Some European languages of this family (*English*, French, Portuguese, Russian, Dutch, and Spanish) have expanded through **colonialism in the modern period** and are now spoken across several continents. Today, the descendant languages of Proto-Indo-European (PIE) with the most native speakers are Spanish, *English*, Portuguese, Hindustani (Hindi and Urdu), Bengali, Russian, Punjabi, German, Persian, French, Marathi, Italian, and Gujarati.

The Proto-Indo-European used an earlier word for fear. When they described **fear**, they used the root word '**per**'. If we look at the etymology of '**per**', we can see that it has a much different meaning. Prior to the 1800s the word from which we derived 'fear' meant '**to try, risk, or to move forward**'. It forms all or part of **empiric; empirical; experience; experiment; expert; fear; parlous; peril; perilous; pirate**.

It is the hypothetical source of/evidence for its existence is provided by: Latin *experiri* '**to try, trial, risk, danger;**' Greek *peira* '**trial, attempt, experience, experienced;**' Old Irish *aire* '**vigilance;**' Old English *fær* '**calamity, sudden danger, peril, sudden attack;**' German *Gefahr* '**danger;**' Gothic *ferja* '**watcher**'.

The understanding of the word '**per**' was to be **vigilant** as we **try, risk, and experience trials** while gaining the experience *necessary* to **become an expert**. The Latin and Greek cultures brought an understanding that '**danger**' is to be expected. Irish cultures employed an understanding of '**vigilance**'. It wasn't until the Old English where we see a change in the meaning of the word moving forward in history from '**try, risk, to press forward**' to '**calamity, sudden danger, peril and sudden attack**'. Afterward, the Germans put their historical touch

on the word by refocusing ‘**danger**’ to the definition. Notice how a culture can change the **context** (how a word is used), and thereby change its meaning for generations. However, a culture can never change **a word’s root meaning**. They can only **add** their connotation to its definition and utilize it moving forward with a group.

So you may ask, “What does this all *mean*?” We can see that the definition of ‘fear’ *was changed* into a meaning that is different from its root origins. The first question we should ask is “*why was it important to change the meaning of ‘fear’ from “to try” to “calamity?”*”. It’s safe to say when looking at the history of the usage of the word ‘fear’ throughout multiple cultures, there has always been a power or force that was sought after for control. The other clear fact is that to secure said control, the energy of the root of the word for ‘fear’ (‘per’) was *made to be* negative over multiple cultures. Family, these are major facts to consider. For now, let’s focus on the root of the word. The root word mean “**to try, risk, and experience**”. With this understanding, we can focus on the second gift that Fear brings Self.

Fear’s Second Gift

Remember the root word ‘**per**’. Some of the words in the English language that have ‘per’ in their meaning are **experience**, **experiment**, and **expert**. The root word of ‘fear’ (‘per’) is found in the heart of words that require an individual to push forward. In order for Self to be described as an ‘expert’, **Self must explore more**. In order for Self to *explore more*, Self must be *aware of more*. Fear’s second gift is found in how it manipulates our awareness.

It’s the adrenaline rush that flows through your veins. It’s the cold chill that rolls down your spine. All the alarms in Mind and Body are blaring out. The amygdala is triggered and responds as if we are ‘in danger’. The seconds feel like minutes as time seems to slow and the Mind begins to process data faster. It’s in that second where you feel the presence of

Fear. It's also in that same second where we become aware of just about *everything else around us* as well.

Self becomes hyper-vigilant, scanning our field of Awareness and collecting data. Mind is processing an *escape route* to send to Body, who will designate actions for our limbs. In this moment all of our senses are heightened. Our vision narrows to a “tunnel vision” focus. Our ears may become sensitive to sounds around us. Mind is documenting these moments vividly, imprinting the memory. This is the moment where Self, Mind, and Body are *in sync* and ready for **immediate action**. Often, the result is an overwhelming urge to flee or fight for safety. However, with our new perspectives and mindsets, this is a state of hyper-vigilance that can be mastered for much more creative purposes.

Family, this ‘super-power state’ that Self can transform into while in the presence of Fear **is remarkable!** Fear steps in and manipulates **ancient wiring in Self** that triggers physiological and psychological reactions designed to protect. This heightened state requires **a lot of energy** to maintain. Fear can even give energy to fuel the process and keep Self in the state as needed. Fear is a rare frequency that can both **trigger and maintain** our ‘super-power state’. This is the second gift that Fear brings to Self. Now, let's use this state in our studies!

Study Time Tips & Techniques

- » **Use a notebook or app for note-taking.**
The notes we take become our ‘map’.
- » **Study something you are passionate about.** Focus on areas that bring excitement.
- » **Study partner wanted, but not needed.**
Find a study partner, but don’t wait to start until you’ve found one.
- » **Don’t let distractions steal time.**
Stay focused on the journey.
- » **Make a plan to study.**
Set goals, schedule time, food prep, organize tools, and execute.
- » **Keep an open mind.**
Expect to learn in multiple ways.
- » **Connect the dots.**
Review your understanding after every new concept.
- » **Zoom out frequently.**
Look at your topics from a ‘bird’s eye’ view.



Rightly Dividing Truth

In today's society, **truth** can be elusive. For decades there has been a gross misuse of the word. Media outlets use the word to spread lies to the masses. Scholars and scientists have used it to deny the accuracy and evidence of others. Individuals have manipulated the truth to keep knowledge hidden and reserved for their descendants.

Eventually, we must ask ourselves the question, without the input of anyone else, *'what is the truth?'*. And family, we are referring to the truth that is *universal and absolute*, which many times is separate from our personal truths. Let's look at the original meaning of the word.

truth (n.)

Old English *triewð* (West Saxon), meaning **“faith, faithfulness, fidelity, loyalty; veracity, quality of being true; pledge, covenant,”** from Germanic abstract noun **treuwitho*, from Proto-Germanic *treuwaz* **“having or characterized by good faith,”** from PIE **drew-o-*, a suffixed form of the root **deru-* **“be firm, solid, steadfast.”**

Truth used in the sense of **“something that is true”** was first recorded in mid-14th century. The meaning **“accuracy, correctness”** is from the 1560s. English and most other Indo-European languages do not have a primary verb for **“speak the truth,”** in contrast to lying. Family, did you catch that? There is no verb for *'speak the truth'* to contrast *'speaking a lie'*. So to get an accurate understanding, let's look at the definition of the word 'lie'.

lie (v.1)

“speak falsely, tell an untruth for the purpose of misleading,” Middle English *lien*, from Old English *legan*, *ligan*, earlier *leogan* **“deceive, belie, betray”**.

lie (n.1)

“an untruth; conscious and intentional falsehood, false statement made with intent to deceive,” Middle English *lie*, from Old English *lyge*, *lige* **“lie, falsehood”**.

Ok, now we can see a major difference between the words ‘truth’ and ‘lie’. A lie is consciously told to deceive or mislead the listener or lead them *away from the truth*. We can see the word ‘truth’ in both definitions of ‘lie’ (noun and verb) in the word ‘un**truth**’. A lie can clearly be defined as ‘without the fidelity of truth’.

The truth is characterized by *faithfulness and loyalty*. In multiple cultures since the 14th century, Humanity has understood ‘truth’ as having *a pledge and commitment to accuracy*. If this has been the consensus since the 1400s and despite the manipulation of the usage of the words, the core or root meaning of the words ‘truth’ and ‘lie’ has not been changed – then there must be *truth* in ‘truth’. Lol, no pun intended.

This is how we can find truth amidst all the conflicting and distracting information. We first find the **accuracy** of the information. We can accomplish this by looking through the lens of history. We do this to see what civilizations were *saying and doing* in different parts of the world in the past. Many universal and absolute truths are *consistent* and *unchanging* throughout time. We will see and hear multiple confirmations of the information we learn in our studies. It is important to remain open-minded. These confirmations may come from our studies and our interactions with others. With this process, we can verify the validity of the information in the review.

Similarly to a radio station signal, truth is a *frequency* that vibrates throughout the Universe. Those vibrations are

consistent and steadfast. The station's broadcast is always accurate and correct. Nothing can challenge the *accuracy* of truth except for a lie, or an '*untruth*'. All we have to do is *be tuned* into the right frequency to *receive truth*. It's *just like tuning the dial* to the station. We must open our Minds and make room for new thoughts even if they may be in opposition to our previously held thoughts. *Turning the dial* means letting go of the previous frequency and seeking a new, and possibly, stronger frequency that resonates with us in any given subject. Absolute truth has its station and it's always on the air for Self to tune in.

Dear little You, pt.3

Ipatiently waited and endured the times where the leaders of your nations *used me as a weapon* to control their people. To no end I searched for worthy Humans willing to venture past their comfort zones. I found *few*, and *fewer* found me. I held my head high when I learned of the lies woven together to form a multi-layered backstory of my origin. Silly lies that said that you and I *did not* come from the same place. *Inexcusable lies* that reached up into the highest parts of the consciousness of Humans and pulled down our connection from *Divine* to *evil*. They made your ancestors foolishly believe that I was **devoid of god**. Each lie that was woven together hurt me, but it never bruised my devotion to your people. I still appeared to them when they built up the courage to explore the unknown. I did not hold back the knowledge they needed. I freely give even to this very hour.

Your ancestors, those among the followers, did not even try to receive from me. As soon as I would reveal myself they all just fled from me. The most proliferated lie which the leaders created, the one that pushed me to **never give up** on reaching your people, was a simple thread in their creation. They convinced your ancestors that **'I have no value'**. The leaders had woven a mask with their lies. It was the ugliest mask that one could imagine. It felt like viper skin, slithering at the touch. It reeked of a stench embodying nodes of sulfur and a lust for power. Its form was terrible and full of terror. The mask shape-shifted to look like anything the Human feared in the present moment. They *adorned this mask on me*, covering my *unique and wonderfully-made* face. Shrewdly, they did not do this **physically**, albeit they made sure that it would stay

in place. They fixed the hideous and terrible mask **mentally**, on the 'face of fear' in the *minds of their people*.

I was forced to be the scapegoat in nation shattering events. They used me to keep people isolated in their homes, only sharing stories of terror when they speak of me. Nothing I did seemed to help *reestablish* our connection. I attempt with all my heart to spark awareness. It was as though your people could no longer *see* me. The mask that their leaders put on me in their minds would show them the lies, *and only lies*, every time. The warring leaders created a way to *take control of your ancestors' energy*, by *forcing* upon them an *untruthful* perspective of me.



Time progressed, and I saw the growth in the number of Humanity that *would not expand* to see their full potential, due to the time and energy *siphoned* from their lives. The leaders had created a culture of Humanity *held captive* by the 'terrifying masked creature' delivering the *feeling* of fear. This mask made you believe that '*I am a monster*'. It had you believe that '*I would hurt you*'. This mask was keeping you *from seeing me*. The *true* me. This could not *be forever*. No matter how clever these leaders may be, this *curse of blindness* had to run its course and come to an end! You and I are *bonded* together by Source. And so beloved, I believed with my full Being that you would *remember our bond*.

I continued to hold my head high and reach out to you when you came near. The awe inspiring look I previously received was replaced by a look of *terror* in your eyes. This was *unfair*. Unfair to me, but mainly unfair to you and your generations. Your energy was being stolen from you and you did not seem to understand *how*. But I did. The mask made you *only* feel terror in my presence, as if there was *nothing more* to receive from me. They overstimulated and traumatized your ancestors for generations with the emotion of terror.

They even made *you believe* that I have no more value to offer, even little You.

As time passed and the status of Humanity lulled further, I focused on my consistency. I started to notice a *spirit of complacency* settling on the descendants of the power-drunk leaders. At this time they were the sole heirs of the newer stories of the encounters of their ancestors, yet they were not seeking to *share them with the next generations*. The heirs had grown accustomed to their fortified comfort zones, lavishly looking down on the masses. I could not see the spark of discovery in their eyes. They no longer *desired* to explore beyond their comfort zones into the unknown.

Eventually, I no longer had a visitor representing *any* of the bloodline of leaders who hoarded stories. The manifestation their ancestors (the corrupt leaders) began had come round full circle on their *own descendants*. Their heirs no longer saw a value in sharing the stories of old, or creating new stories because *they themselves* had grown to *believe the lie created by their ancestors*. They believed that ‘I no longer had *value to offer*’. The **frailty** of men became **a ray of hope**. I believed that since this mask was created by men, it would eventually fade away as the work of men does...





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CHAPTER 4

Acceptance

As we continue to practice great study techniques and invest time into the growth of Self, we might recognize a common theme. When Fear is present and we experience a fearful state of hesitation, we'll find variables beyond our control. They are the variables that *can never* be clearly defined and must *always be accounted for*. These are the 'what if' scenarios that we can imagine. Sometimes, it can be the thought of a 'wrong stroke' on a canvas or an incorrect answer given in front of the class. Other times it could be the thought of a wrong decision or of an outcome that could negatively disrupt another Life.

There is always one common factor about whatever 'it' is. It is a situation that puts us in a fearful state of hesitation before making a decision. The common factor is, it is **only one potential** outcome. As we progress in this section, we will get up close and intimate with some of these outcomes. We will walk through some of the types of fear we experience in Life, come face-to-face with the truth, and break down mindsets that bring freedom.

Are You A Complainer Or A Changer?

Family, I understand that there are multiple mindsets that can be utilized in this practice. At the same time, they're only a couple of relevant mindsets we must address to keep moving forward with the progression of knowledge. First, the opposing mindset of those that **can and do** find something to complain about. Those individuals are characterized by believing their *feelings and emotions* should supersede the *rational evidence before them*. And of course, the mindset that *accepts the changes* of their feelings in the presence of truth. They believe that facts are like the 'yellow bricks' on the road leading to the 'Emerald City of *Truth*'. (Yup...that was a Wizard of Oz reference). As these individuals learn more facts, the truth shows itself through their studying, and affirms itself through confirmations. These two mindsets are opposites. Let's look at the difference between those that choose 'complain' and those that choose 'change'.

Complainers & Changers

The 'complainer' finds it difficult to accept a truth that is not in harmony with their feelings. In the presence of facts or rational information, a 'complainer' typically finds something with which they are not in agreement. It could be anything. The 'complainer' complains about their problems or about things they do not like. They will direct their energy at maintaining their position no matter how rational the information being discussed – even if the information is essential for their advancement and well-being. Be aware of this mindset as it can be expressed in various ways. Typically, they will be one of four kinds of complainers: **aggressive, expressive, passive or constructive**.

An **aggressive complainer** is an extrovert who is controlling, practical and decisive. To get on their wavelength, avoid small talk and get straight down to business. Give them options so they feel they're staying in control. Aggressive

complainers are most difficult to please and are often more concerned with displaying their emotion than actually achieving a solution. An **expressive complainer** is also an extrovert, but they are more sociable and impulsive. They will respond to an enthusiastic presentation style and need time to talk. A **passive complainer** is an introvert. They are friendly but can be totally indecisive. You can't hurry this type. They don't respond well to heavy pressure and need reassurance. The **constructive complainer** is organized and critical. They are practicing perfectionists who can often suffer from 'paralysis under analysis'.

As you have probably gathered, complainers tend to spend a lot of time looking through 'The Lens of Ego'. From their perspectives, Life will always have problems that are *more distracting* than the *solutions*. Complainers do practice a process of accepting new information, but it is filtered by emotions and expectations. The solutions will inevitably be seen by the complainer, but most times as slightly flawed and imperfect. This mindset presents a more challenging road to growth, however it is not impossible for a complainer to *change their mind*. Let's look at another mindset that offers a healthier future for our growth.

A **Changer** can be identified as someone who develops the humility to admit that their current feelings or behavior is not serving them or others. They often visit *mental turning points* and willingly make the changes required to alter their mindsets and actions in the presence of *newly revealed truth*. Changers believe in *solutions*; they believe in *hope*. Changers hold a different approach to rational information. When rational information is shared with a 'changer', they go through a **more direct process of acceptance**. This process will result in one of three outcomes; a *complete acceptance* of the new information, a *partial acceptance* of the new information, or a *qualified rejection* of the new information.

Process Of Acceptance

Now family, just because Changers can change their minds *doesn't mean* that they *will* change at the first presentation of information. When a Changer **completely accepts new information**, it's usually because they have been previously exposed to the *same or similar* information in other encounters. This happens consciously (while we are presently aware), and subconsciously (while we are unaware) over a period of time. Self recognizes the information, processes it in Mind; comparing it to the previous information received. Once vetted, Self validates the information and the Body responds. The Mind completes this process in microseconds. It's as if Self's *wiring* also responds to truth. The Universe always finds an angle to deliver truth to the open Minds ready to receive it. This type of acceptance is pretty easy for Changers to undergo.

A **partial acceptance** takes place when a Changer *doesn't completely understand* or *is not in agreement* with the information presented. That does not mean the information is *rejected*. This typically takes place when Self needs to *learn more* about the truth surrounding the information. It may be that the Changer has not yet received enough confirmations from internal or external sources. The result is a willingness to study the subject. These are the important parts of partial acceptance; the *willingness* to study and *openness* to change.

The last type of acceptance is a **qualified rejection**. Sounds like an oxymoron, I know. However, a Changer rejects information because there is *a rational* reason to do so. The *rejection process* is similar to the *complete acceptance* process. Self recognizes the information, Mind compares it to the previous information received, then brings up relevant thoughts that *oppose* the presented information. Self then can confidently make a decision to invalidate the information presented. There must be a valid truth *or untruth* that empowers the rejection.

Family, I took us through those two mindsets to prepare us. We can see that the mindset of the Complainer is based on ego. The Complainer is more focused on *their problems*,

their current feelings, and *being heard* than they are focused on *growth*. The Changer is *flexible* and *open-minded*. They use a process of acceptance that *validates or invalidates* new information. So family, which mindset are we currently utilizing? When presented with new information, are we practicing a process of acceptance?

Let's Get Intimate with Self

As we move through this section, let's dig deeper into Self. We've committed to always being transparent with Self. This commitment **always** serves us. Are you ready to use that privilege for more self-discovery? **Let's go.** Be honest with Self. When was the last time you sat ***still***, alone, without your phone in hand or a streaming service running in the background? How often do you close your eyes and calm the thoughts in Mind ***outside*** of your bedtime? When was the last time you were intimate with Self? When was the last time you had fun with Self? Let's use our journal for the next activity.

ACTIVITY 4.1

Part 1

Set a timer for 3 minutes, then follow the steps below.

Close your eyes. Think back to a previous experience where Self was in the presence of Fear.

Part 2

□ **Once the time expires, answer the questions below**

Did you feel vulnerable?

Did you feel uncomfortable?

Why? *(Describe in all detail)*

Repeat Part 1 and this time think about what specifically made you feel uncomfortable.

Did you feel vulnerable?

Did you feel uncomfortable?

Why? *(Describe in all detail)*

Repeat Parts 1 & 2 three (3) times.

Journal your answers.

I Am Never Alone

Family, my educated guess is that the majority of our ‘why’s are connected to one variable. It’s the variable mentioned at the beginning of this chapter. These ‘why’s’ in our awareness are connected to the variable that we can not control. The reason why we can remember feeling uncomfortable and vulnerable is because in that moment we remember that there was nothing we *knew to do*. Self felt un-knowledgeable, unprotected and exposed. This can stem from several root issues. We can unpack these issues in depth in our mediation, yoga,

and therapy session later. Today, let's look at one perspective; Self's perspective in the mirror.

There is a reason why the fear that we feel when we are vulnerable *points us* to a variable which we *can not* control. The reason doubles as a benefit. It's the sign in the corner of the board that says, "*Collect \$200 as you pass Go!*". It's a reminder built into this Life by the Universe. It's the Universe saying to us in a calm and confident voice, "I am". Reminding us, especially in the presence of Fear, that *there are processes* taking place *right now* that Self has *no power over*. The Universe is showing us that our ego is not *all powerful*. The Universe is proving that it is *worthy* of Self's trust. It's sending yet another Divine message to Self. This one reads, "**You are never alone**".

ACTIVITY 4.2

□ Look in the mirror or camera phone while reading the following affirmation three times.

"I am never alone."

Major Truths

When we look in the mirror and affirm Self in this way, we are freeing ourselves of burdens, baggage, and all kinds of external & internal pressures. Reflect on these thoughts for a few minutes. Source flawlessly constructed variables *beyond* our powers, *beyond* our awareness, throughout the Universe, even in the presence of Fear. The Universe has been helping, protecting, guiding, and acting *on-our-behalf* since *our beginning*. The Universe has proven two major truths that we can process to stay free from those external and internal pressures. One, the Universe *is capable* of handling *literally everything*. And two, that Self is *worthy* of receiving its help.

Since we can understand that the Universe has been on our side since the beginning, we must trust that the Universe will continue to look after our best interest in all ways *known* and *unknown* to us. We can also use this truth to build up our trust in Self. Follow me on this one family. Self-esteem is important, especially in areas in our Life where vulnerability accompanies Fear. A lack of or low self-esteem can cause a *disappearance* of our individuality, a low vitality of Life, and an unyielding desire to *please people*. We may have already spent many years in this state. Today, we can *let go* of the *need to fulfill others' expectations* of Self. We can reclaim the power we *previously granted others* over Self.

Divine Trust Agreement

Now, let's focus on the second truth. The Universe, as complexed and preoccupied as it rightfully should be, made a *beautiful* decision on *our behalf*. A decision made *once and for all time*. A decision in which we, the primary *beneficiaries*, receive the endowment of a **Trust Agreement**. The truth is we have always been the beneficiaries of the endowment. All Self had to do was *mature* in Life enough to *claim it*.

Family, the awesome part is that the Trust Agreement really has *nothing to do with us*. We are not required to fulfill

any responsibilities as a part of the agreement. The agreement was established between **Universe and Source**. The Trust Agreement is a policy primordially forged by the supreme Consciousness to endow Self with the **trust of the Universe**. Think of this agreement as a part of the closing documents that Self and Source signed before declaring the creation of a new Body and starting the human experience. In that scenario, the title of this document would be the ‘Guaranteed Fund Of Trust’. It establishes an authenticated source of unmerited trust *created* by Source, *fueled* by Divine energy, *administered* by the Universe, and exclusively *bestowed on* Self as the sole beneficiary.

It makes sense that Source would not let Self go through the challenges of Life *without always having the tools to overcome them*. This guarantees that the human experience can be a *conscious growth* experience. In the Trust Agreement, the Universe must have agreed to always balance all the energy around Self and provide Self with the best opportunities at each stage in the journey of Life. The Trust Agreement also must have a *suicide clause* that states Source will never do anything to intentionally destroy itself. You see, the Universe already knows that Self is a fraction of Source, experiencing humanity *for a purpose*. It trusts that Self will inevitably make the best decisions for the benefit of the greater good, which is all of Source *individualized* as Self. This establishes a *guarantee*. With that understanding, the Universe gives *unlimited trust* to Self, supporting every step of honing its decision-making power. The Universe handles **all things** for which we must **remain grateful**.

“By balancing all things while presently sustaining our lives, the Universe has declared our worth, and it is immeasurable. Look to the Universe within to see the present Hope of the world.”

MIN. M.J. TUCKER 12-11-22

Here's where I connect the dots. Accepting the first truth gives us the key to unlocking the second truth. The Universe *believes* that what Self can do with the power of intentional decision-making *is worth* taking care of *all things* in Life. It's worth balancing all energies in and around our field of Awareness. Family, let's ask ourselves this question to put our Self-esteem in the right perspective. Since the Universe sees Self as *that* valuable, as *that* worthy, then ***why don't we?***

Let's look closely at Self. We've been living in the world unable to *fully* receive or give trust to others because we have *not fully trusted Self*. We consistently seek *acceptance* and *value* from others. We hide behind The Lens of Ego and place false value on our bank accounts, how many followers we have on social media, social status, social access, and other temporal attributes that make us feel special in the world.

We've *beaten* Self up through negative self-thoughts, manifesting the energy of shame in Mind and Body. We've made excuses for incomplete art and unrealized ideas, when in truth, we never had enough trust in Self from the beginning. **Many of these thoughts, decisions and actions were a result of low self-worth.**

We decided to limit our worth based on *our own human experience* or that of others. We compared ourselves to the people in our awareness and made a decision about *our value* in relation *to their perceived value*. It is not until we follow the unsevered thread back to Source, that we can see the immeasurable worth *privately funding* Self's operations like a silent investor.

Accepting these truths shows us that an *account of trust* has already been created by Source and has been gaining interest from investments managed by the Universe *on our behalf*. Family, the time of maturity and endowment awaits! At this moment, we take ownership of deciding our self-worth *based on the endowment* of the Trust Agreement.

The solution to overcoming our low self-worth is to change the *source* of our trust in Self. We must disconnect from external comparisons, and **permanently** connect to our

endowment of the Divine Trust Agreement. Since this connection is not based on *our decisions, status, or understandings*, this is a guaranteed source of trust simply because Self was *primordially* named the beneficiary of the Trust Agreement. It allows us to trust Self because we can see that the Universe trusts Self immeasurably. We especially see that this is true in the presence of Fear, where the Universe is handling the variables beyond our control (*knowingly and unknowingly*) to press forward to uncharted territory and become an **expert**.

ACTIVITY 4.3

□ Look in the mirror or camera phone while reading the following affirmation three (3) times.

“The Universe decided that I am worthy!”

“Trusting Self is the key to decoding low vibrational energy.”

MIN. M.J. TUCKER 12-16-22

The Fear Of...

The *fear* of anything means the submission of Self (*and its decision-making power*) to another force. To fully understand this we will pull out the mirror again, and take a closer look at Self. This should be seen as an opportunity to give respect to Self as transparency sheds light on some root issues that must be addressed in order for Self to grow. So, let's bring some solutions for these issues into focus. We will talk about some applications of these truths that aid us in the exploration of active boundaries and borders within which Self resides.

People-Pleasing

Starting today, **let's make the decision to trust Self**. Why? **Because the Universe trusts Self**. With self-worth firmly established, Self can now move through the world with a high level of security – an *insurance policy* protecting aspects of our emotions and mindsets of this human experience.

We can accept our value based on the endowment of trust, knowing that the Universe guarantees it. Accepting this truth frees you from the internal struggle of working for the acceptance of others. Because the trust endowment is **immeasurable**, there is no **comparable value** that anyone can give us. When we fully trust Self, we no longer *have a need* for the *lesser value* we get from people-pleasing. This is simply because no other human being can assign **more worth** to us than Source and the Universe *has already assigned* through the endowment.

Trust Issues

Trust is like *currency*. So having trust issues is like having *unstable finances*. When the bank balance reads “*insufficient funds*”, this means we are not able to participate in commerce with others. This is also true when our *trust account* is low, or insufficient for the current transaction. When we

do not have enough *trust*, we can not *give the trust* necessary to establish healthy, sustainable relationships. When our trust account runs dry, we also do not have any trust to give Self. Not presently holding full trust in Self is the root cause of trust issues with others.

Remember, “**we get what we give**”. In the past, since we did not hold a sufficient balance of trust in Self, we could not give sustainable amounts of trust to others. And since we could not consistently *give* trust we also could not consistently *receive* trust, because people in our life *cannot reciprocate or sustain* that which has not been *given*.

Since the endowment has transferred an immeasurable amount of trust into our account, we now have the currency to exchange with others. We can move through Life actively giving trust to Self by respecting and responding to all of its inclinations and peaks in awareness. As we practice giving trust to Self, we will grow in extending trust to others. Soon we will lead a *trust-wealthy* lifestyle consisting of trusting Self, growing in authenticity, and *attracting trust* from the world in which we live.

Not Being ‘Special’

In this new lifestyle, we must take a look at mindsets that are no longer *serving us*. These are applications of our energies that do not serve Self. Oftentimes, putting on The Lens of Ego has a negative impact on Self’s growth. For example, projecting attributes of our lifestyle or social status to define Self to others is not necessary when we live in full trust of Self. In the trust-wealthy lifestyle, Self **has always been** and will always be **special** simply for being an individualization of pure Source and the primary beneficiary of the Trust Agreement. There was **nothing Self did** to secure this status. The uniqueness of our *worth* and *origins* thereof are made apparent by the *actions* of the Universe. Divine energy flows to and through us as it guides Self, leading down the river of Life like the *captain of the boat* and *master of the current*.

Expectations of Self and Others

Our human experience is one of *growth* reserved *exclusively* for Self. Family, it doesn't get any more special than that! In this state, our authentic Self is more valuable than any attribute or developed persona we previously hid behind in ego. Self no longer needs to project expectations onto others through The Lens of Ego to *feel special* in the world. No more diverting energy to *maintaining expectations of Self* solely for the benefit of manipulating how others perceive us.

Self is **authentically special**, and the energy of authenticity is **powerful**. This is especially true in a world where most people live in *programmed cycles*. We wake up; we go to work; we stream media and go to sleep; we repeat. We go by the *preordained* patterns of society, never wavering, because that's what society *expects* of Self. However, when we remove The Lens of Ego, we simultaneously remove the *expectations* we projected on Self and others. We trust that Self's authenticity is *valuable enough* to exchange with others. It also requires less energy to be authentic than is required to maintain all of those expectations. We move forward by giving trust to Self, practicing transparency, and giving our authentic Self to others.

Incomplete Art

Accepting these truths will serve us well in the creation process. When we trust ourselves, we can flow freely through the expression of our art. We can create whatever inspires us without the *burden of expectation*. This allows us to *breathe peacefully* through the creation of our artwork. We can create from a place of gratitude without pressure. With intentions set, we can finish our art, knowing that the completion of the work is the manifestation of the growth gained from the challenge set before Self.

The ideas we receive from the Universe can be made manifest through the power of intentional thoughts, words, and actions. The more challenges we face, the more knowledge we gain to expand our field of Awareness. The thoughts,

things, emotions, actions, places and people within our field of Awareness are **all sources of art**. When Self is aligned with the sources, we move the energies from these sources into the medium of our choosing. Discipline and consistency develop when we set goals and organize the time invested in creation. This works most efficiently when we prioritize the goals that are to be accomplished *with the completed art*. Envision the impact the art will have on Self and the world. *Feel your way* through the creation process to find the *heart* of the impact you desire to manifest. Remember, if you've seen the energy in your Mind, then it already exists in the Universe. Our actions are just to reveal it in our reality by *completing the activities*.

Shame

Trusting Self also presents clear contrast in the thoughts, words, and actions we execute. When our trust account was low, the worth we gave Self was based on that balance. Back then, we tended to think *negative thoughts* about Self when our expectations were not met. We would speak words and complete activities that would *contradict* our true ambitions. This cycle produces a level of shame in our mindsets. Shame is an energy (a frequency) that can keep Self enslaved to low self-worth.

When we accept the truth of the trust endowment, we are given a new perspective of Self. This perspective is from the *seat of the Universe*. Put yourself in its 'shoes' for few minutes. Through the intentional focus of its energy, the Universe has invested **huge amounts** of positive energy around Self. It protects us in all ways well beyond our field of Awareness. Why? Because the Universe has been *patiently waiting to witness* our unveiled greatness.

We can transfer the positive energy the Universe freely gives to Self into a mindset. A mindset that accepts the truth that Self has immeasurable value declared by the investment of the Universe. When we apply this mindset, we instantly have *a bank* of positive energy to give to Self. We can tap into it to think and speak positive thoughts about Self. Self-worth will

increase as we grow in this mindset, and we will eventually become highly sensitive to negative thoughts and words about Self. This awareness will enable us to *identify and remove* those thoughts that do not uplift Self and *replace* them with positive thoughts that will serve our goals and growth mindset.

In this mindset, we are no longer *limiting* Self. Self is *free* from shame. Self is free to express itself however inspired to do so. Accepting the truth of this mindset means the opinions and perspectives of Self held by others have little value in comparison to the *value of trust* applied as *self-worth* transferred through the Trust Agreement. And even though other people will provide us with *acceptance and rejection* at their discretion, Self is *empowered to decode* that energy and get the information hidden inside, and transfer it into positive energy.

Rejection

Rejection, like Fear, is another energy that presents itself at a strategic time in Life. It tends to present itself when Self is expressing vulnerability and transparency. You failed the test, didn't close the deal, didn't get the girl or didn't get invited to that party everyone is talking about. For most of us, rejection is a feeling that becomes familiar early in Life. Thus throughout our lives, we refine The Lens of Ego **in response** to the energy of rejection, coming up with adaptive coping mechanisms. Let's look at the word's definition and etymology for some context.

Rejection (v.)

early 15c., *rejecten*, “**eject, set aside, block from inheritance;**” late 15c., “**refuse to acquiesce or submit to,**” from Old French *rejecter* and directly from Latin *reiectus*, past participle of *reieciare* “**throw away, cast away, vomit,**” frequentative of *reicere* “**to throw back,**” from *re-* “**back**” (see *re-*) + *-icere*, combining form of *iacere* “**to throw**” (from PIE root **ye-* “**to throw, impel**”). The meaning “**throw away as undesirable or useless, refuse to take for some purpose**” was used by the 1530s.

Instantly, what stands out are the words ‘**throwing away**’. Rejection is a ‘**throwing away**’ of the offer that Self presents. In certain situations, it’s a throwing away of Self’s **value** deeming it *undesirable or useless*.

We’ve all experienced rejection before. It could have been from an enemy, peer, customer or even a mentor (someone you looked up to). Every rejection we remember probably came in a moment where Self was sharing with others. Self propositioned another person with an opportunity that called for a response: acceptance or rejection. That person *chose* rejection.

However, we cannot let this experience stifle us. Many times, we feel this as the fear of *pending* rejection when thinking of sharing our ‘unfinished’ art with the world. We think about how others *will* think, *might* feel, and *could* respond. Instantly, a wave of rejection slowly rolls down our Body. Here’s a tip for embracing the energy of rejection: ***acceptance***.

When we accept rejection as an essential part of the growth process, we can move through the situation with an intentional response. Rejection is an opportunity *to gain understanding* from another perspective. When we ask the correct, probing questions after an initial rejection (either to Self or to those to whom *chose rejection*), we can gain new knowledge that we can use in our next presentations.

These should be open-ended questions that can lead to more knowledge. Here are some sample probing questions. *How did the presentation/artwork make you feel? What caused your response? Did you have any expectations, if so, will you share them?* **Rejection brings direction.** The 'No's' can unlock the path to the 'Yes'. All we need to do is use the right mindset and ask the probing questions.

Struggle

Rejection will give us direction and new challenges to overcome. These challenges will most likely produce a struggle in our Life, or a season when we must focus our energy to grow in specific areas. The struggle is a necessary part of Life. Partnered with the focus of our energies, struggle develops unique attributes within Self. These attributes can make us unique in skills and talents. These attributes include (but are not limited to) various mental perspectives, grit, heightened empathy, and in some cases physical strength.

Many times, *the struggle for growth* is the reason why we run away. We must change this mindset **immediately**. Anything manifested in this world requires energy. This energy is exerted through **intentional work**. This is the way Self learns new skills and mindsets, expanding the field of Awareness.

The struggle is an essential aspect of how Self grows. There is no way to get around this universal truth, so we must incorporate it into our perspective of Life. Struggle brings into perspective the things over which we have *limited or no control*. It shows us areas in which we are weak, or in which we have *a limited understanding* and provides the *opportunity for focused growth* in said areas. These elements are essential for the self-discovery process. In the middle of the struggle is where we discover *our most authentic* Self. Facing various struggles in Life develops those unique attributes that allow for each of us to shine.

Family, I understand that this is sometimes 'easier said than done'. The pressure of facing our struggles can cause many submerged feelings to erupt through to the surface. As

Cre8ives, anxiety and the feeling of being overwhelmed are typical struggles we encounter. These feelings can overload our decision-making process with the awareness of *our lack of control* over the world around us. Anxiety seems to point out all the unknown variables that *stack up to the sky* until they all *fall on us*. I can sometimes feel like Self is *locked in a cage*. The key to freedom from this cage is **actively trusting Self**.

Accepting the trust endowed upon Self means we trust Self to do the work within its capabilities. It also means that Self will exchange that trust right back to the Universe by growing in the acceptance of unknown variables under the Universe's control. Just take a look at the foreshadowing of Life taking place *through and around* the struggles we face. Before the *concept of time was born*, Source *confirmed* with the Universe that Self was *special*. Then at the optimal times, the Universe provided Self with the circumstances for struggling and suffering. We can look at this as the '*catalyst of change*' we need in Life to develop the very attributes that *make us special*. In this mindset, there is *no need* to worry. We can focus on Self doing the intentional work to explore the purposeful unknown, one acceptance of trust at a time.

Take a deep breath, family. Inhale for a three (5) count. Now, exhale for a three (5) count. Repeat this until you are ready to proceed.

Failure

We often reach points in the creative process where negative feelings can form around our artwork. This can manifest as frustration. This feeling of negativity could also present itself as *complacency* when it comes to our work, or our work having a *lackluster impact* on us. These feelings can sometimes be fueled by the fear of failure. This fear keeps us attached to the projection of an idea of how others will respond to our work. As a result, we become overly *critical*, heavily *influenced by emotions*, and lose *sight of purpose* during our creative process. This is where we come face-to-face with

the fear of failure. Let's look at the meaning of the verb 'fail'.

fail (v.)

c. 1200, “**be unsuccessful in accomplishing a purpose;**” also “**cease to exist or to function, come to an end**”.

Check out the part of the definition that says ‘*cease to exist or to function*’. What ceases to exist or function when we fail? The answer is *our work*. The intentional energy Self was previously exerting *ceases* when we fail.

You see family, failure is not something that *happens to us*. It is a decision *we make*. Failure is a result of the decision that Self makes to stop focusing intentional energy on accomplishing a purpose. This means that we can only experience failure by *quitting*, *deciding* to stop, or ‘*throwing in the towel*’.

Now, quitting does not only have a negative impact. Sometimes we need to let go, push away from, and quit activities to move on and move *forward*. Failure is a fundamental part of success. When we fail, it means we made an effort and (*hopefully*) **learned something new** from our exploration of the Unknown. Whether we completed the goal or not, we can apply the knowledge we gained from the exploration to the next steps we take. We learn more from attempting and failing, than we do from attempting and succeeding initially.

“Growing into success by applying the truths gained in failure is a distinct route to Self-mastery. So, fail fast and take transparent notes!”

MIN. M.J. TUCKER 05-11-22

Many times, we get to the point of quitting because we believe we made *too many* mistakes to continue. Sometimes, this is an expectation that we project on Self through The Lens of Ego. In this projection, we believe that we must exert such *control* over our art or work. We believe that *we and the work* must be without flaw or error. However, there is *always* a level of *beauty* in our *mistakes*. What we sometimes

perceive as ‘mistakes on the canvas of Life’ in actuality create a ‘fingerprint-like effect’ on our art. A fingerprint-like effect that is as *unique and flawless* as those on our own fingertips. These fingerprints remind viewers of the artist’s humanity. Accepting this understanding allows us to *give Self grace and patience* during the creative process.

No Control

The trust that we accredited to Self through the endowment also *releases us* from the desire to *control* everything, along with the desire to *know* everything. Now, even though these thoughts may initially *feel like powers* that we would want to possess, they are actually the *very* factors keeping us from *progressing* through Life. The desire for control provides us an *excuse* to submit to the fear of the unknown, simply because of the challenge that following this feeling presents to our awareness. We don’t know if we will *have control* over the Unknown. The desire for all knowledge *paralyzes our actions* through an internal feeling of *incompleteness*. This can limit our trust in the Universe.

Now family, although Self manages powers that are ‘god-like’, **Self is not Source**. Self is an *individualization* of Source. Self is growing in this human experience *to gain* knowledge. In this sense, Self is a student of Life. Self is **learning by experiencing** Life. To overcome the fear of not having control, we must first accept this truth. The truth is that because Self is having a progressive human experience, we will never know *all* of the variables of Life. If we were to ever know all, then Life would become *retrogressive*. Instead of providing complete knowledge and control, Source and the Universe have endowed immeasurable trust in Self. To overcome the desire for all knowledge, we must exchange this trust with the Universe in knowing that all the variables beyond our control are **aligned for our benefit**.

We move forward with decisions that are aligned in intention and purpose, trusting that the Universe will always work out all other, unseen variables that will *always remain*

out of our control. We accept the fact that even as we grow in knowledge and truth, there *will always be* unknown variables controlled by Divine order.

Loss

An example of an unknown variable is death, or the transition of a soul. In the full circle of Life, there must be some form of death just like there must be some form of birth. This is seen in Nature in the life cycle of animals, insects, plants, and every other non-mythical creature on this planet. What we experience as a loss on this physical plane is also a natural transition of energy within a Divine cycle.

Loss is often connected to thoughts of sadness due to the physical void left by a loved one. This is also natural. In times of sadness and grieving, remember that energy never “*dies*”. It is transitioned into another state. This means that the frequency of a Being (a Soul) *can exist* after transpiring from this plane. Several cultures and civilizations around the world believe in a profound connection between the physical and spiritual worlds. They tend to practice their belief by maintaining the personal belongings of ancestors and loved ones. Here are a few cultures that hold this practice in “loss” and “death”.

◇ **Indigenous Australian Cultures:**

Among some Aboriginal groups, there is a belief that certain objects, like a carved wooden churinga, hold the spiritual essence of ancestors. These items are often kept in sacred places and are used in ceremonies to connect with the ancestors, ensuring their guidance and protection for the community.

◇ **Shinto (Japan):**

In Shinto, a common practice is the veneration of kamidana, or *household altars*, where objects belonging to ancestors, such as a comb or a piece of clothing, are kept. These items are believed to house the spirits of the deceased, who are invited to watch over the family and participate in daily life through rituals and offerings.

◇ **Indigenous American Tribes:**

Among the Navajo, a common story involves the belief that the spirit of a deceased relative can reside in a special item they owned, such as a piece of jewelry or a tool. This item might be used in ceremonies or kept in a special place to maintain a connection with the ancestor, seeking their wisdom and strength.

◇ **Yoruba Traditional Religions:**

In Yoruba culture, it is believed that the spirit of an ancestor can dwell in objects like a carved figure or a personal item. These are often placed on an altar and used in rituals to invoke the ancestor's presence and blessings during important family events, ensuring their continued influence in the lives of the living.

◇ Chinese Ancestral Worship:

In Chinese tradition, an ancestor's personal item, like a favorite teacup or a piece of clothing, might be kept on an altar. During special ceremonies, such as the Qingming Festival, offerings are made to these items to honor the ancestors, believed to be present and watching over their descendants.

Collectively, these cultures represent billions of people historically practicing an *intentional* connection with the energy or *frequency* of a person who transitioned from this plane. In many of these cultures there are *multiple generations of descendants* who maintain an awareness of ancestors that existed on this plane multiple generations *before* the descendants' birth date. This is evidence that death can not only be seen as a *loss*, but it can also be seen as a *gain*. We gain a powerful loved one that can *see* in multiple dimensions. Maintaining a connection with the frequency of these *empowered* transitioned Beings can provide many indescribable blessings.

Sadness can stem from a deeper source. It can be a mourning of the 'loss of control' that takes place when key people you've lovingly (and strategically) included in your personal plans and visions for our future - are *no longer present*. This can be a shock to the mental, physical and emotional systems. In some scenarios, the shock can drastically change our future perspectives of Self. Processing the following truths about this case of sadness will bring new perspectives.

Truth #1

We do not have all knowledge, and we never will. Our human experience is designed to *learn and grow*. To have all knowledge would mean that we are operating in a “Supreme God” complex. Now, because we do not know everything, the fact is that the perspective we have envisioned for our futures **can not** be the *best version* possible. It’s merely the best version based on our present *understandings and experiences*.

Truth #2

When we identify our limited perspective, we must acknowledge the existence of another *possibly better* perspective. We have yet to conceive this perspective of Self. Yet this perspective of Self exists in the Universe.

The acceptance of these simple two truths will bring to our awareness that the perspectives of loss and death we were holding is *not the only one that exists*. It also provides an opportunity to take a closer look at our sadness connected to the ‘loss of control’ experienced through the transitioning of a key loved one. If the plan that we envisioned is not *the best*, then we have an opportunity to trust the Universe to deliver the *best visions of Self to us*. The Universe will confirm by *paving the way* in handling all of those unknown variables in our favor. This process allows us to transition our thoughts, words, and emotions on loss and death into emotions of gratitude, even joy.

“It’s not our time to have a complete understanding of all of the secrets of Life, however, we can grow in mastery of the knowledge that we pursue while we’re present.”

- MIN. M.J. TUCKER 12-16-22

This process frees Self from the immobility caused by the anxiety of having to ‘know it all’ before acting. This allows Self to **focus our actions on what is known**. With this mindset, we can decide to focus our energies on what we *actually want* to experience, the perspectives that serve us. The practice of this mindset also frees us from the “Supreme God” complex. We tend to toy with this subconscious complex in times when we believe too heavily in our *own perspective*, AND *hold awareness of no other*. The “Supreme God” complex will be explored further in the book.

Vulnerability

The transparency required to move in the mindsets we’ve reviewed can be scary and intimidating. These feelings are *designed* to raise our *awareness*. Remember, it is only in *vulnerability* that we can *accept* our lack of knowledge. Embracing your current understanding and the need to gain more knowledge is not only a *vulnerable state*, it is also a *powerful position*. By focusing your awareness in the areas revealed through your transparency with Self, you can take *purposeful and intentional* action in your pursuit of *specific* knowledge. A keen and resolute level of focus will propel you past distractions and procrastination into new understandings.

Whenever we feel the chill of intimidation or grip of terror, let’s use the superpowers of the heightened state of awareness to our advantage. This process and mindsets do take time to activate on command, so be patient with Self as you explore. Give Self grace. Write down your new understandings in your journal. The more your practice, the more you’ll grow. Another benefit of *relaxing in vulnerability* is the *reciprocal*

response delivered by the Universe. When we practice vulnerability consistently we will receive vulnerability consistently from others. This is essential for sustainable relationships.

*“There is no **weakness** in vulnerability, unless it is left ignored, unclaimed, or unexplored.”*

- MIN. M.J. TUCKER 05-13-25

ACTIVITY 4.4

□ Look in the mirror or camera phone (mobile device etc.) while reading the following affirmation out loud three times.

“I release the desire to control all things and I act on what is in my present awareness.”



The Unknown

As we've moved through the application of truths and mindsets, a recurring variable continues to appear. The Unknown variable has been hidden in the background of each fear we've discussed. It is one of the variables that we can now see is present in *every decision* Self has *ever made*. From the perspective of Self, the Unknown is a *constant variable* in Life. It is present during all actions that Self executes. We can see that the presence of the Unknown is not a *negative thing*, but rather a *necessary* constant.

The Unknown provides balance to Self in a way that allows for elevation. With the right mindset in place, the





awareness of the Unknown presents the exclusive opportunity for exploration. Explorations that elevate Self to *low-oxygenated* parts of the atmosphere where ego can not breathe. This is the realm where new learning is taking place. This is *essential* for Self to grow. It's as natural as putting your feet into new, slightly bigger shoes, after outgrowing your old kicks. *It must happen.* So, the Unknown must be present. It is a way Self is able to gain new knowledge, grow new skills, and expand into new territory in our field of Awareness.

Accepting the presence of the Unknown also gives us a better understanding of the root of anxiety. Let's ask Self a few probing questions. *If the Unknown is always present, then why doesn't every decision we make give us anxiety? How is it that we can be overwhelmed by some situations and not others?* In our answers we should be able to see that the issue is not the overwhelming presence of the Unknown, but rather the overwhelming feeling of ***not having control*** of the Unknown. Anxiety can originate from our ego; plainly from our desire to control the Unknown variables. Trusting Self and others does not *give us* anxiety, but rather not having control over the energies (thoughts, words, actions) of Self and others *stimulates* anxiety.

As Cre8ives, we should never express fear of the Unknown, but instead, we should always express one of

Self's benefits, *gratitude for the Unknown*. The Unknown blesses Self in growth. It provides endless possibilities of experiences for Self to have in Life. Once we see and understand the Unknown from the right perspective, we can embrace its presence with joy and gratitude. We can do this knowing that at the moment it arrives in our field of Awareness it brings Self the *freedom of discovery*. The Unknown holds the facts of all the possible outcomes that can manifest in every situation. This includes those outcomes which Self perceived as positive, neutral, and negative.



Law Of Potentiality

The gift of pure potentiality can be found in the presence of the Unknown. It's releasing our entire *preconceived expectations*. Our potential to develop something that is an absolute independent expression of Self. As we continue to align our thoughts with truth, accepting the new mindset of the Unknown leads us to the **Law of Potentiality**. The Law of Pure Potentiality states that at the core of Being, we are pure awareness. The realm of pure awareness is the domain of *all possibilities*. Possibilities are never-ending.

Accepting this spiritual law allows Self to freely express creativity. At that moment there are no '*wrong decisions*'. There are only decisions that progress our creative perspective and those that can change our perspective. Both of which serve their own purpose, and expand the field of Awareness in their own way. However, just like used canvases discarded during the creative process, we must accept the possibility of loss.

Loss is something that we do our best to control from the beginning of the creative process. As many of us know, loss can be unexpected and expensive. It can also become an emotional expression when we have an intensified attachment to things, resources, or people. We can accept loss with ease

when we trust that the Universe provides the best opportunities for Self to accomplish purpose. This includes all provisions, resources, relationships, skill sets, knowledge, guidance, and energies required on Self's journey.

Life itself is *alive*, and *constantly expanding*. Just like we give up our smaller shoes when our feet grow larger, there is always loss when moving from one level to another. The key to overcoming the fear of loss is to master our thoughts. Here's how we can do it.

ACTIVITY 4.5

☐ Follow the steps below.

1. First, let's choose a situation or challenge that we are currently facing.
2. Picture the worst possible outcome for the situation.
3. Visualize what it will feel like when this outcome manifests. Do not speak any words to describe it, just keep it in Mind for a few minutes.

Now, for the same situation or challenge in step 1, think of the best possible outcome we can imagine.

4. Visualize what it will feel like when this outcome manifests.

Repeat the following affirmation three (3) times.

“If I believe either one of these outcomes is possible, then both are.”

The freedom to overcome this fear is found in **accepting** that there are **many outcomes that exist** in the space of “potentiality” other than the *one scenario* we currently fear. Simply

accepting this fact will unlock our ability to imagine *at least one* of many positive scenarios where Self is successful. In this moment, we can find ourselves in a state of joy when visualizing a desired outcome. Additionally, with this mindset, we are able to not only see a scenario in which we find Fear, but also an **opportunity** the scenario *presents* to produce our desired outcome.

CHAPTER 5

Process The Emotion

What Are Emotions?

The definition of ‘emotion’ is connected to the movement of various energies. When we apply this understanding to Self, we can see our emotions from a new perspective. Emotions are important *signals* our Body uses to *send information* to Self. Think of them as traffic signals, or ‘signs on the road of Life’. Our emotions are uniquely designed to capture Self’s attention at any given moment in the human experience. These signals can alert us like alarms with intense physical, mental, and emotional expressions. They communicate to a multitude of different and complexed messages to Self. These messages can express an urgency to defend, attack, run away, or in some cases, shutdown. Our emotions are the first area Fear affects upon its arrival. They are extremely powerful guides that we must have a healthy relationship with to harness their energy.

emotion (n.)

1570s, “**a (social) moving, stirring, agitation,**” from French *émotion* (16c.), from Old French *emouvoir* “**stir up**” (12c.), from Latin *emovere* “**move out, remove, agitate,**” from assimilated form of *ex* “**out**” (see *ex-*) + *movere* “**to move**” (from PIE root **meue-* “**to push away**”). Sense of “**strong feeling**” was first recorded in the 1650s; extended to any feeling by 1808.

We as men and women have different experiences at different depths of emotion. Men are socially conditioned to express less emotion until in a situation of dominance. Women are criticized for expressing too much emotional energy, and in this age, for also acting *emotionless*, like men. Family, we do not need to be a psychologist to know that these mindsets are in conflict with the *natural order and flow* of emotional energy. Society has made much effort to manipulate the general understanding our communities hold about emotions. It also affects how we interact with *our own emotions*. We must let go of the previous, less developed mindsets concerning emotions, and develop a new mindset that allows Self to access the full power of our emotions.

Emotions are *valuable tools* managed by Self. They provide Self with information on the present status of different systems within the Body. This is highly beneficial especially when surrounded by various energies. Our emotions give Self *a form of feedback*. They let us know how we *genuinely* feel about people and situations. This information is *always vital*, especially when Self is in potentially threatening circumstances. When emotions arrive with urgency, we must have the awareness to *take in the information and process the emotions*. Here

is a three (3) step process that we can use as an example to understand how to decode our emotions.

Self-Analysis

The decoding process is fairly simple. Therapists bill thousands of *hours* to help people do this. We are about to save ourselves a lot of time and money. Here's the cheat code. All we need to do is *accept the emotions* we are currently feeling, *knowing* that they have value to give us. Then we ask Self a few simple questions in a brief analysis. Introspection means "**to look inside**". It describes the act of thinking about your own feelings, actions and/or inner thoughts. When we examine what we *do, say, think or feel* and how it affects our Life and the lives of others, *that's introspection*. Heads up! We will want to grab our notebook and journal to track our discoveries.

Now family, the key to *usable* introspection and a successful self-analysis is *transparency*. Let's remember the commitment we made to exchange the highest level of transparency with Self. As we move through our answers to these questions, our transparency and lack of ego will bless us. It's time to look in the mirror and share again.

Who?

Who Am I At This Moment? Identify Self and who Self is in the current physical environment. As Human beings interact with each other, we view one another through *personal perspectives*. We each get a sense of authentic value from each other. For example, each one of us is presently representing a unique attribute to the community around us. What attributes they see *in you* as a refraction of what is in *their own* field of Awareness. Like a mirror image, we reflect and we show others what they *aim* to see in us.

When we answer this question we must be aware of our *organic output* within the current environment. If we are in a

place of community, think about what others in the community look to receive from you. We don't want ego to be a part of the process, so we look at Self through the lens of others based on *our output and impact* in the community. This removes the need to project what *we want others to see*, and gives Self a true assessment of *who we are*. If we are not currently within a community, then answer with the understanding of our current output of energy. For example, if I am writing now, I am a writer. If I'm making music, I'm a producer. Now, I'm not claiming professional expertise. However, what we are actively doing defines us *in that moment*. What we are in that moment *is not* all we'll ever be. Clarity in our perspective of Self is the first step in our analysis.

Why?

Why Am I Feeling This _____? (*Fill in the blank with the pronounced emotion*). Once we clearly see the '*who*', we can focus on the '*why*'. The '*why*' is where we *listen*. In this question we will gain new information from an account (or perspective) of our outspoken emotion. This is an account of the emotion that is in most urgent need of Self's attention. Sometimes, the response will be a list of emotions, all relevant in the present situation. We must then prioritize the list to discover the emotion that is *most pressing*. There is always one that pushes past the others, like the 'tattle-tail kid' in the classroom.

Our next step is **to listen carefully to this emotion**. Give it room to '*shed it's heart*' and '*spill the tea*'. It will reveal buried feelings and connected thoughts. We must open our Minds to receive all that is exposed to Self. In this **reflection**, we must respectfully *give attention* to all things that appear in our awareness. Typically, the information this emotion has for us will direct our attention to the underlying root issue.

Triggers are memories in our Mind that are ingrained into low-vibrational feelings. To break this down, let's imagine a landmine. The trigger is like the button that is hidden by the dirt and grass on the surface. The memories are the *wires* connecting the trigger to the C4. A '*charge down the wire*' will

charge the previous feelings connected to the memory and ignite the explosive. Most of these are memories of negative experiences we've witnessed, heard about or received through media (*social, movies, series, books, entertainment etc.*). Triggers are actions that *ignite feelings connected* to negative experiences. Unwittingly, we can carry triggers as simple as a sound that reminds us of an experience with fear. It could be a tone of voice, or a specific phrase of words. Triggers can also be as complex as a combination of actions within a given environment. Here's the cheat code to handle whatever *landmines* we may discover along our journey. Disarming happens when we find the *root issue* of the emotion.

The root issue is the cause of the alarm blurring in Body as an emotion. The root issue is the answer to the '*why*' at the deepest level of Self. Self is *entitled* to understand the root cause of emotions that arrests its attention. Continue to ask '*why*' until we reach the foundational issue connected to the cause of the emotion we feel. Write each answer in your journal.

Once we've identified the root, we can *balance* the issue with intentional energy. This is like 'turning off the alarm' of emotion. We have to acknowledge whatever the root issue may be. This is the only way to remove the barrier that the feeling was previously restricting upon Self. This is the feeling that has kept Self seemingly imprisoned in low-vibrational exchanges. The very power of the emotion that puts Self in *a straitjacket*. We'll know when the root issue is resolved because in that very moment Self is open to new emotions on the *other side* of the root issue. They will come *flowing in* with *new energy*. This is the energy we can channel to power us into *the best* possible outcome for Self.

What?

What Do I Want Right Now? To fully understand the information sent by our emotions we must know what Self wants. This is a basic question that we should never underestimate. Its answer brings a lot of clarity and power. Body is asking Self, "How should we activate our decision-making power

right now?”. What does Self *want* after identifying the root issue of the emotion? What does Self *want* now that we *see purpose* in the emotion we feel?



We have a *new understanding* to equip our Mind with *more possibilities*. The possibilities are *unlimited*. When we make a decision from this mindset, we are simultaneously activating the *Law of Potentiality* and the *power of Intention*. In doing so, we believe that the best outcome is possible, and our Mind immediately begins mapping out the succeeding actions, visualizing the execution along the way.

The important part about expressing intentions while activating the Law of Potentiality is knowing when to *release* our intentions. This is how we can practice. Visualize details about what we want to manifest. We do this in our Minds. Once we can *feel the very presence* of the manifestation, then we *release our intentions*, letting the details go from Mind and back into the flow of Life. Our details are released into the plane of pure potentiality, opening Self up to receive whatever is best from an ‘*all-knowing*’ perspective. We then move forward with action on what is *presently to-do* within our field of Awareness. This is another application of trust in the Universe. We give trust to the Universe, confident that all variables will work out for *the best* outcome possible. Affirmations like the one in the next activity can empower this process.

ACTIVITY 5.1

□ Look in the mirror or camera phone while reading the following affirmation three (3) times to practice releasing expectations and desire.

**“I release control over what I want
and I act on what is presently in my awareness.”**

At this moment, there is a shift in our feelings and our focus. We are visualizing a new direction or new sense of purpose in which **‘to move’** (*in alignment with the definition of **emotion** previously referenced*). Self arrives at a new decision that must be executed. We are charged with excitement as we clearly perceive our next actions. Notice how our *drive to complete* this new decision **is just as important** as was our earlier feelings of *being afraid* in the presence of Fear.

To harness the power of our emotions, we must see them *as guides* that are educating our Mind to new understanding. There is no room for “fluff” or ego to be a part of this process. The answers we provide for ourselves must be *transparent* and *straight* to the point. At the very moment we have the answers to these three questions (who, why, and what), we become empowered to make a decision. A decision that should be fueled by the information we decoded.

At this point in our journey together, we have definitely put in some **real work** to expand our field of Awareness. I would like to take a leap forward in our inner work in the next section. It’s time to look at the possibilities that exist when we apply the mindsets we are discussing here. To properly perceive the application of our new mindsets in the present reality in which we live, we must address **another constant variable** that exists in our field of Awareness. It has been with us *just as long as* Fear has been present. It moves through the same pathways to gain control over Self. Its influence over Mind is undeniable. To totally *see* Fear, we must accurately see Fear’s connection to **Love**.

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them **feel**."*

MAYA ANGELOU

Dear little You, pt. 4

Oh, how I miss the way you made me feel! I miss the *waves of energy* released every time you would come into a new understanding in our encounters. I would be blinded by the joy *radiating* from your face and blasts of fantastic colors *bouncing* from your bright aura. It took a *certain number* of meetings and a *dynamic amount* of consistency, *then* it would happen. I would see you *transform* the *unknown* into the *known*. It was a beautifully Divine scene. You would move into such an organic pattern after gaining your stride, seeking lessons to develop *specific areas* of mastery. Holding your head high, you would look deep into the dark thicket of the unknown, making *invisible calculations* before you would strike out. I adore the sparkle of adventure in your eyes as you would make your way to the heart of the deep. You would evolve and become such beautiful iterations. It was a keen to witnessing butterflies emerging from cocoons. I watched in amazement as visions I held for you *were manifested* right before my eyes.

I remember the first time your ancestors solidified my devotion by manifesting the visions I shared with them. It was incredible how much energy they deposited once mastery was achieved. Their discipline, attention, vibration, and execution left me *speechless*. I gazed into their eyes and saw a reflection of *myself*. I found so much pleasure chasing after them. I did not want to miss a moment of their *magic*. I knew *then* that I would *always* be present for *you*. Yes, little You. I knew then that we are Divinely connected. And you'll remember

soon. I'm writing this letter, hoping it reaches you in the *right* generation. The generation that can look *terror* in the eye and see Love. The generation that can remove the decaying mask from their hearts and minds. The generation that can see me *as I truly am*. I am **Her**.



Your Friend,
FE-HÉR™



CHAPTER 6

Fear & Love

Have you ever noticed the *pull* or *attraction* present when two people express reciprocated Love? It's as natural as a summer breeze or the sound of waves crashing on the shoreline. This invisible force pulls the two together, overcoming any obstacles in the way. It is similar to the force that demands connection of the north and south poles of magnets. People moving in the emotion of Love *take action to connect with each other* like the opposite poles of those magnets. Most often, rational thought is not involved in decision-making when Love is in the mix. This attraction is so strong that it empowers us to navigate every challenge and hardship to connect with our loved one. As interdependent Beings, we are familiar with versions of this compelling and life-altering force we call Love.

In the same magnets, exists another force just as powerful. Flip the poles of just one magnet and the other will no longer be attracted; because *like* poles are *repelled* from each other. This force is *pushing* the magnets, *creating a barrier* that constantly separates the magnets. Fear is *like this force*. In its presence, it repels us to move with *haste and urgency*.

There has always been an invisible barrier between us and Fear, never knowing for sure when we will cross paths next. If these perspectives are relative to the analogy I've presented, then we must accept that the origin of these forces (aka the *author* of the *attraction*, the *designer* of the *repulsion*) is both **Divine and natural**.

We must acknowledge and accept the life-altering power that both *Fear* and *Love* bring into our lives. Family, let's take a closer look at Fear's attributes. I'm going to walk you through this by comparing and contrasting the attributes of Love in real-life scenarios. These scenarios will describe common situations and the impact of applying the mindsets we've previously discussed.

Intensity and Power

Fear and Love are among the most intense and compelling emotional states humans can experience. They can dominate thoughts, influence decisions, and impact behavior **profoundly**. For example, at any given moment in this Life experience, either of these emotions *can and will* override our rational thought. Open your minds and follow me down this path of thought.

Scenario 1 /// Sarah & Alex

Sarah, a young woman committed to personal growth, begins to notice that her emotional experiences are more intense than she initially believed. She finds herself overwhelmed by feelings of love for her partner, Alex, to the point of anxiety, worrying obsessively about losing him or making mistakes that could threaten the relationship. At the same time, she

experiences fear acutely when facing career uncertainties, such as potential layoffs or failure to meet expectations.

Impact:

As Sarah's self-awareness deepens, she recognizes that both her love and her fear hold **immense power** over her mental state and actions. She begins to see that these emotions are not just *passing feelings* but *fundamental forces* shaping her behavior. For instance, her fear of losing Alex might cause her to become *overly clingy or insecure*, while her love might lead her to prioritize his happiness *above her own well-being*, sometimes to her detriment. This realization prompts her to develop emotional regulation strategies, such as mindfulness or journaling, to manage these powerful feelings. Sarah learns to accept her emotional intensity without letting it control her, fostering healthier relationships and a stronger sense of self-control.

Scenario 2 /// Ella

Ella, a junior in high school, feels intense emotions when she thinks about her friends and family. Her love for them is so strong that she sometimes becomes *anxious* about being accepted and fitting in. She fears rejection from her peers, which can make her feel *overwhelmed or isolated*.

Impact:

In her journey toward self-awareness, Ella learns that both love and fear are powerful emotions influencing her social behavior. By understanding that these feelings are *natural and strong*, she begins to practice *self-acceptance*, recognizing that **it's okay to feel intensely**. She learns to *communicate* her

feelings openly with trusted friends and family, which helps her build stronger connections and reduces her fear of rejection.

Overlapping Brain Regions & Emotional Processing

Research in Neuroscience shows that Fear and Love activate some of the same areas in the brain, particularly within the limbic system, which is responsible for *emotions and memory*. The amygdala, a key part of this system, plays a central role in processing both Fear and aspects of Love, especially those related to *attachment and bonding*. This overlap suggests that, at a neurological level, these emotions are closely linked, often **influencing** each other. Let's take a look at the next scenarios.

Scenario 3 /// John

John, a first-time single father, exploring his inner emotional landscape, notices that when he feels deeply connected to his family, his brain activates certain regions associated with *attachment, love, and anxiety*. For example, when his 14-month-old son is unwell, he experiences a surge of worry and protective instinct, which lights up *the same neural pathways* as when he fears losing his son or facing separation.

Impact:

Through self-reflection and increased awareness, John begins to understand that Love and Fear are neurologically intertwined—both are rooted in the limbic system and often share common pathways when delivering information to other systems in the Body. This understanding helps him manage his reactions for the best outcome. Instead of succumbing to panic when his son is sick, he *consciously recognizes* that his fear stems from his love and attachment. This awareness enables him to respond with calmness and support, rather than uncontrolled anxiety.

Over time, John practices *emotional distancing* or *grounding techniques* to prevent his love from turning into *obsessive worry*, fostering healthier emotional responses and stronger bonds.

Scenario 4 /// Jake

Jake is fascinated by science and learns that both Fear and Love activate similar areas in the brain. He notices that when he worries about a test or feels excited about a new friendship, his heart races and he feels a rush of energy.

Impact:

Jake's growing self-awareness helps him realize that his brain processes emotions in similar ways, regardless of whether they stem from Fear or Love. This understanding encourages Jake to be *transparent with Self* about his feelings, reducing the stigma he might associate with Fear. He starts practicing *breathing exercises* to calm himself during tests or social gatherings, recognizing that managing his physiological responses can help him navigate both Love and Fear more effectively.

Physiological Responses

Both emotions trigger strong physiological reactions. For instance, in both states, the Body releases stress hormones such as **adrenaline** and **cortisol**. This can lead to increased heart rate, rapid breathing, sweating, and a rush of energy, preparing the Body either to fight, flight, or *connect deeply* with someone. These physical responses highlight the Body's universal reaction to *emotionally charged* situations, whether it's a **threat** or a **connection**.

Scenario 5 /// Maria

Maria, an aspiring mediator, begins to notice the physical sensations that accompany her emotional states. She observes

that her heart races when she feels Love for her partner, especially during moments of intimacy, and similarly, her heart pounds when she feels anxious about upcoming deadlines or social interactions.

Impact:

As Maria's self-awareness grows, she learns to recognize the subtle differences in her physiological responses, such as the *context or mental state* associated with each sensation. She practices *mindful breathing and grounding exercises*, which help her regulate her physical reactions, whether she's experiencing the thrill of Love or the tension of Fear. This awareness allows her to *pause and choose* her responses deliberately, rather than *reacting impulsively*. Over time, she builds *emotional resilience*, reducing her stress levels and cultivating a sense of inner calm that supports healthier engagement with her feelings.

Scenario 6 /// Lily

Lily notices that her body responds similarly when she's nervous about a presentation or excited about a school dance. Her heart races, and she feels that familiar flutter in her stomach.

Impact:

Through self-awareness, Lily learns to distinguish between fear and excitement by focusing on the *context and her thoughts*. She realizes that acknowledging these feelings and practicing self-regulation, like taking *deep breaths* or *positive self-talk*, can help her embrace her individuality. She learns to view her physiological responses as natural rather than something to fear, allowing her to participate more confidently in the activities she enjoys.

Emotional Motivation

We are talking about *powerful motivators* that **drive** our behavior. Fear may lead to avoidance, self-preservation, or defensive actions to escape danger. Conversely, Love often motivates caring, nurturing, and building close relationships. Both emotions can compel us to act in ways in which we *might not otherwise act*, often prioritizing emotional responses over rational thinking. They can lead to sacrifices, risk-taking, or extreme actions inspired by their respective feelings.

Scenario 7 /// Alex

Alex feels motivated by his love for his family to do well in school, but is also driven by a fear of disappointing them. Fear can sometimes feel *paralyzing*, making it difficult for Alex to focus.

Impact:

As Alex becomes more self-aware, he recognizes the dual role that Fear and Love play in his motivation. He holds himself accountable by setting *realistic goals* and *discussing his fears* with his family, who support him in managing expectations. Understanding that both emotions drive him, he learns to channel his love for learning and family into positive actions, reducing the paralyzing effect of fear.

Scenario 8 /// David

David, a middle-aged man, notes that his love for his aging mother motivates him to spend *quality time and provide support*, but that his fears about losing her or witnessing her decline sometimes cause him to become *overly protective or anxious*. These fears occasionally lead to internal conflicts or

guilt, especially when his supportive actions are perceived as *suffocating*.

Impact:

Through self-awareness, David recognizes that both his love and his fear are powerful motivators that influence his behavior. He understands that his love drives him to nurture and care, but his fear can cause him to act out of panic or possessiveness. This awareness enables him to channel Love constructively, engaging in supportive actions, while addressing Fear through acceptance and emotional processing. He might seek counseling or engage in mindfulness practices to manage his anxieties, which helps him maintain a balanced, caring relationship with his mother *without* overstepping boundaries.

Interchange of Emotions

Fear and Love are *dynamic emotions* and can change over time. For example, a fear of losing someone can evolve into love. Intense love might turn into a fear of abandonment or loss. Similarly, love can sometimes turn into obsession or possessiveness, which can manifest in actions that are similar to the fear of losing the loved one. This fluidity shows how *intertwined* these emotions are and how they can *influence each other*, often shaping the course of relationships. These emotions can transform our relationship with others, Self, and even our relationship with other *emotions*.

Scenario 9 /// Emma

Emma, a woman navigating heartbreak, experiences a profound shift in her emotional world. After a breakup, her initial response is intense fear. Emma would feel the fear of being alone, unloved, or rejected. Over time, she becomes more self-aware of how these fears are intertwined with her desire for *connection and love*. She begins to see her feelings not as

separate but as parts of a continuum—her longing for love often triggers her fears of abandonment. After falling out with a friend, Emma again initially feels intense fear about being alone. She becomes aware that Fear is deeply connected to her desire for *companionship and acceptance*, which are her *organic expressions* of Love.

Impact:

With increased self-awareness, Emma recognizes that her fear of loneliness is rooted in her deep capacity for love and attachment. Rather than suppressing these feelings, she works through them by *giving Self grace, journaling, and participating in therapy*. She learns to transform the feeling of fear into a desire for *self-growth*—using her emotional pain as *motivation* to pursue new hobbies, build friendships, or develop her self-esteem. Emma's understanding that Love and Fear are interconnected allows her to approach future relationships with greater emotional maturity, openness, and resilience.

Emma's self-awareness helps her realize her emotions are fluid. By accepting her feelings of fear as part of her love for friendship, she works on being transparent with Self about her needs. This leads her to reach out and mend relationships and form new ones, transforming her fear into an opportunity for personal growth and deeper connections.

Social and Evolutionary Roles in Personal Growth

Both Fear and Love play crucial roles in our evolution and social bonding. Fear helps us avoid danger, predators, or harmful situations, which dynamically increases our survival chances. Love fosters social bonds, cooperation, and the formation of families and communities, which are essential for the survival of civilization. These emotions promote behaviors that enhance the individual's and the group's well-being, ensuring survival and social cohesion.

Scenario 10 /// Liam

Liam, a natural introvert, notices that his fear of social rejection causes him to withdraw from new opportunities and relationships. Meanwhile, his love for meaningful connection and community motivates him to gradually push beyond his comfort zone. Over time, he becomes aware of how both emotions influence his social behavior and personal development.

Impact:

This self-awareness prompts Liam to confront Fear directly. He starts small, by engaging in low-stakes social interactions to build confidence. He recognizes that Fear is a *natural protection mechanism* rooted in evolutionary survival, but that Love and the desire for social bonds can *override* Fear when *nurtured consciously*. As he works through his anxieties, Liam builds trust in Self and others, leading to more fulfilling relationships. His growth illustrates how understanding the dual roles of Fear and Love can foster individuality within a supportive community.

Emotional And Psychological Impact

Both emotions profoundly influence mental health and well-being. Chronic fear can lead to *anxiety disorders*, while unfulfilled or unrequited love can cause *sadness or depression*. Despite their differences, both can affect self-esteem, trust, and emotional resilience, shaping how we perceive Self and others.

Scenario 11 /// Nina

Nina, a woman battling chronic anxiety, recognizes that her fears of failure and inadequacy often dominate her thoughts and behaviors. Simultaneously, her deep love for her family

and desire to support them makes her vulnerable to feelings of guilt and negative self-criticism whenever she perceives her short-comings.

Impact:

Through increased self-awareness, Nina learns to distinguish her fear-driven anxiety from her love-driven motivations. She recognizes that her fears are often rooted in *past experiences* and *insecurities*, whereas her love motivates her to be *a better person*. She begins practicing mindfulness, cognitive restructuring, and seeking therapy, which help her manage Fear without losing sight of Love's positive influence. This process enhances her emotional resilience, reduces her anxiety, and fosters a healthier relationship with Self and her family.

Scenario 12 /// Jessica

Jessica is a 35-year-old graphic designer who has always been passionate about art and creativity. She works for a successful design firm and takes on freelance projects in her spare time. Despite her accomplishments, Jessica often struggles with intense feelings of fear and love related to her work and personal life.

Jessica's love for design fuels her creativity, driving her to create innovative and impactful work. She feels a deep connection to her projects, seeing them as extensions of her identity and self-expression. However, this love also brings fear. She often feels the fear of criticism, failure, and not meeting her own high standards.

As Jessica becomes more self-aware, she begins to notice how these emotions affect her creative process. She realizes that her fear of failure often leads to *procrastination*, as she avoids starting projects to escape *potential* disappointment.

Conversely, her love for design pushes her to *explore* new ideas and take creative risks.

Through self-reflection, Jessica acknowledges that her fear and love are *intertwined*. She understands that her fear stems from her *passion and dedication* to her craft. This realization helps her accept that *Fear is a natural part of creativity* and doesn't conflict with her love for design.

Jessica decides to be transparent with herself about her fears. She starts journaling her thoughts and emotions, identifying the specific triggers of her anxiety. By acknowledging Fear, she holds Self accountable for *addressing* Fear rather than remaining paralyzed. She begins to see Fear as a *motivator* rather than a hindrance. She sets small, achievable goals for each project, which helps her build confidence and reduce the overwhelming pressures of starting something new. She also seeks feedback from trusted colleagues, viewing criticism as *a tool for growth* rather than a threat.

As she grows in self-awareness, Jessica embraces her unique style and creative voice. She realizes that her *individuality* is her *strength* and that her personal experiences and emotions, *including fear and love*, *enrich* her work. This acceptance allows her to create from deeper authenticity and with greater freedom. Understanding the shared attributes of Fear and Love, Jessica develops emotional resilience. She practices mindfulness and meditation to manage stress, fostering a balanced emotional state that supports her creativity.

Jessica's growth also flows into her personal relationships. She becomes more open and communicative with loved ones, *expressing* her feelings of love and *addressing* fears of vulnerability or rejection. This transparency strengthens her connections and provides a support system that bolsters her creative endeavors. Jessica learns to navigate the complex interplay of Fear and Love in her life. By accepting and understanding these emotions, she transforms *potential obstacles* into *opportunities for growth and innovation*. Her creative work flourishes as she learns to *balance passion with practicality*, and her personal life becomes more fulfilling through deeper connections and

self-acceptance. Jessica's story illustrates how embracing Fear and Love with awareness of their *balance* can lead to profound personal and professional development, ultimately enhancing our creativity and the quality of our relationships.

Conclusion

Family, in all these scenarios, growing self-awareness acts as a *transformational tool* that helps us understand the nuanced interplay between Fear and Love. Recognizing their shared attributes, such as **emotional intensity**, **physiological responses**, **motivational power**, and **neural overlap**, empowers us to manage our emotions with *conscious awareness*. This awareness allows us to harness the positive aspects of Love, such as connection and growth, while *managing or transforming* Fear that could *otherwise* hinder our well-being and relationships. By understanding that Fear and Love often operate through similar mechanisms, we can cultivate *emotional intelligence*, foster *healthier relationships*, and develop *resilience* in the face of challenges.

CHAPTER 7

Own The Energy

This is the final step in harnessing energy in the presence of Fear. As we move through this chapter, be sure to *reflect* and *connect*. *Reflect* on previous understandings and perspectives we've discussed in earlier chapters. *Connect* these reflections to the new perspectives and mindsets that better serve us and our creative processes. As we gather the awareness that we need to continually push forward, the practice of transferring Fear's energy can actually become *fun* and *exciting*. There is *no other energy like it* on the planet. Let's reflect on what we *previously saw* when we thought of Fear.

How We Saw Fear

Congratulations Family! We've progressed *a long way* from our perception of Fear *prior* to reaching this chapter. Let's reflect so we can *appreciate* the growth. What was our relationship with Fear like before opening this book? How did we *see* Fear?

I remember Fear being described by a preacher as '*a thief that comes to rob us*'. A thief that *steals* our confidence and *scares* away our joy. I can recall thinking Fear was *the force* that oversaw *my quarantine* within the boundaries of Mind. Like the guards of a prison, Fear was *always* present to push us further into a captive state. It seeks to rename us and force us to act in a certain manner. Fear has a way of projecting *a limited* Self-image into our Minds. It *inserted* the idea that '*we are not* who we claim to be'.

Fear could convince us of our *supposedly* unredeemable flaws and *possible* failures before we could even *make the first actions* on a new idea. No matter our achievements in Life, in the presence of Fear we would be triggered and *immediately* take action on thoughts connected to negativity. Self saw Fear as *an enemy*, the *opposition* to our *success*. The only decision we felt was rational back then was to go into '*survival mode*'.

In hindsight, we can see how our previous mindsets of Fear *were definitely limiting* Self. They never allowed us to *harness* the energy in the presence of Fear, but only to *expel* energy in fight, flight, or freeze responses. Those mindsets were restricting Self to *only see one side* of the energy exchange, while Fear would *gain energy* or seize control over Self's decision-making power.

As we can clearly see in the history of the meaning of the word 'fear' and its root word 'per', this unbalanced exchange of power has been *forced upon* society for well over 200 years. This discovery let us know that there is *another side* of Fear that has existed for centuries *prior to* the creation of this *forced negative perspective*. Let's take a closer look at both the **positive** and **negative** sides of Fear.

ACTIVITY 7.1

□ Look in the mirror or camera phone while reading the following affirmation three (3) times.

“I accept my past experiences as lessons designed for my growth.”

Negative & Positive

In the presence of Fear there is a **negative** and **positive** energy. We’ve become very acquainted with the *negative* energy through media, personal experiences, and years of unfulfilled expectations. Let’s explore the *positive* energy that Fear holds. In order to own the energy that Fear travels with, we must understand and *willingly accept* the negative and positive attributes of Fear’s perspective.

Fear *sees* us. While Self has been moving around the world making decisions, Fear has been *alive* and *watching*. This truth is evident by the *consistent presence* of Fear when Self *seeks* to explore, or even *thinks about*, endeavors beyond our held boundaries. When Self looks to discover, Fear pounces like a wildcat camping in the tree limbs. *Without fail*, Fear’s presence triggers our heightened state of awareness.

Fear has a *form of consciousness* that is *aware* of Self. Similar to Self, we can see that Fear is able to respond or *take action* in situations involving Self. Fear acts as a conscious agent of the Universe. This is the reason why Fear is *always present* at the limits we place on Self and the boundaries we accept in Mind. However, we can also clearly see a hierarchy. Fear does not have the same autonomy as Self. Just like guilt, joy, doubt, and shame, Fear is an **emotion** *experienced by* Self. In this sense **Self > Fear**.

One way we know that Self is greater than Fear is simply because Fear can not express the same *range of emotion*. Fear does not navigate a *physical body*. Fear only has an external existence through the perspective of Self. Fear is joined to Self; it’s *literally hardwired* into Mind. Fear is also limited to a set of

responses *programmed* by a *third party*. In this understanding, we can see that the same supreme engineer (Source) created both Self and Fear.

Now family, I'm not saying Fear *has* consciousness as to say Fear is *self-aware*. It's more like a computer program, written by the supreme Consciousness, that has been programmed to be *fixated* on Self. Fear doesn't make decisions *independently*. All of Fear's actions *are connected* to Self's actions. There is an *unbreakable, elastic bond* between Fear and Self. The bond *stretches* to allow Self room to roam the world and make decisions inside *zones of comfort*. The bond inevitably retracts to *pull the two back together* when Self is ready to explore uncharted territory outside of comfort zones. Our *superpowers* are required for protection in the discovery of the Unknown, and Fear knows *exactly* which *buttons to push* to trigger Self into the heightened state.

Fear brings us new awareness. Fear shows us the *very* areas that we need to develop to expand our boundaries into uncharted territory. These areas are clear in the visions that come when Fear first arrives. Sometimes, we miss these details until we learn how to spend time in the presence of Fear. Fear, you see, *camp[s] out* in the boundaries held in our Minds, revealing Self's current limits. With time, we can see that Fear *brings us* the focal points for our growth. These focal points tell us *where in the Unknown* we should **start our studies**. Fear helps us *discover* our study maps.

Fear reveals the topics, skills, experiences, and resources Self may need *to evolve*. With the acceptance of this perspective, we must also accept its *opposite*. For some of us, Fear reveals the areas for evolution, and for others it reveals the areas of confinement. This is true for all that continue to choose **not to do the work** necessary to become the version of Self that Fear *challenges us to become*.

Family, please inner-stand, **there is no judgment**. We've all been here once or twice. We've all been in that *complacent place*, where we choose to stay *chained* within our comfort zones, and to *refuse* the challenges of Fear. We choose to *fly*

away’ from the Fear and go back to comfortable vibrations. Our time in that place *serves its purpose*. However, we can only experience *new levels of Life* once we *move out* of our comfort zones and **choose to do the work**.

As we look through the perspective of Fear, we can now clearly see the negative and positive energies Fear brings into the presence of Self. The negative and positive energies can produce different responses depending on the perspectives. *The choice is ours*. We can either respond to the negative energy and go into *fight, flight, or freeze*, or we can respond to the positive energy and go into *study-mode*. In understanding the balance of negative and positive perspectives, Fear brings another attribute into awareness. In this balance, we can see that there is no longer a sense of *randomness* in Fear’s *appearance*, but rather *purpose*.

Fear’s Purpose

Family, prior to opening this book, had it occurred to you that Fear has a *purpose*? I can recall many times being told by those in the church that “fear had no purpose in my life”. In the Bible it says that God does not give the ‘spirit of fear’. Let’s explore this scripture in context.

*7 For God gave us **not a spirit of fearfulness**; but of power and love and discipline.*

2 TIMOTHY 1:7 - AMERICAN STANDARD VERSION (ASV)

When we look at this scripture through the understandings and truths we’ve discovered we can *definitely* see the *correlation*. The Apostle Paul (writer of 1st and 2nd Timothy) mentions three aspects: *power, love, and discipline*. We have already discussed the first: *power*. Earlier in the book, once we saw enough of the evidence to widen our perspective of Fear, we could see the great amount of power involved in the exchange. The power of thoughts, words, actions, awareness and intention all play a role in the energy exchange between

Fear and Self. This power fuels the heightened state of awareness. The energies that are involved in Self's response to Fear can either *propel us forward* into uncharted territory or *silently implode* our ambitions, confidence, and aspirations *to do the work for a better version of Self*.

Let's skip over 'love' for now. We will unpack it in the next section. Let's discuss *discipline*. The discipline referred to by Paul in his second letter to the young believer Timothy means **"the outcome of the work"**. You see family, there is a reward we receive every time we make the choice to do the *work until completion*. We gain **self-discipline**. This happens every time we commit to studying the areas Fear brings into our awareness and *practicing* the truths that we learn. Discipline is fundamental to the growth of *any area* in Life. It is essentially the *mastery* of Self.

Let's talk about the *version of Self* that Fear challenges us to become. Fear *holds up a mirror* that shows us a reflection of a possible 'future' Self. This is the version of Self we could become once *we complete the activities* necessary for the version's expansion. Fear brings us this vision as an opportunity to gain control over *who we think we are*. It provides us a target in our Mind to expand the boundaries in which we express ourselves. The term 'seeing is believing' comes to Mind. Fear brings us the vision of a future Self, so that we can get a glimpse and *dream onward*.

Before accepting the truths previously discovered, Fear looked like a *tsunami* coming toward us at full speed to *drown* us in *terror*. Now, we can see that the tsunami *might really* be our *ride over the boundaries* that keep us in comfort zones. When perceiving from the perspective of Fear, we can see that there is *value* in both the *negative and positive energy*. There is a kind of dichotomy maintained within the presence of Fear. The scripture tells us that God (Source, the Divine Creator) **did not** give us a *fearful spirit*. It is telling us that the spirit

(or *mindset*) of Fear is **not fearful** (or full of terror), but rather it is **power, love, and discipline**.

Remember family, the negative energy of Fear has been *forcefully manipulated* by a select group of people for the past couple of hundred years or so. This division of the *negativity* from the *positivity* of Fear was *intentional on their part*, but it could never last forever. Truth brings *all things* into **balance** and **harmony**.

Like a stereotype, we believed *the hype* about Fear being our *enemy*. We've all been indoctrinated with the message that screams out to us, '**Fear is terrifying!**'. But with the truth revealed to us, we know that Fear was actually *designed* with other unique attributes *customized especially for Self*. Here are a few dominant traits we've discovered together.

- ◇ **Fear is consistent.** Fear appears to Self in the very moment Self is looking to grow and explore uncharted territories.
- ◇ **Fear sees value.** Fear's presence is *proof* of the value held in Self (*our built-in Self-worth*).
- ◇ **Fear brings value.** In the presence of Fear we can receive valuable information, like the focus and trajectory for our studies and the actions required to evolve.
- ◇ **Fear has codes.** Fear's presence has an unique effect that triggers the amygdala into heightened states of awareness (*our 'superpower' mode*).
- ◇ **Fear maintains balance.** Fear separates those that *choose to do the work* in order to move outside of comfort zones from those that *choose to stay comfortable and not do the work*.

Let's recap. What is the *true purpose* of Fear? Based on the revelation of these truths, the purpose of Fear is *to help Self*. Fear shows us the power that *currently exists* inside of Self, because we *always* meet Fear at the boundaries that *we maintain*. Those boundaries are the self-limits *we currently enforce*. Fear meets us there to *make us aware* of the limits we maintain. If Fear did not consistently appear there, we would have no one to keep Self accountable for the limits in our own Minds.

At the meeting between Fear and Self, *all Fear wants to do* is show us **what we are missing**, the information **we do not have**, the skills **we have yet to develop**. This is Fear's way of *encouraging us* to go to the next level. It does this by focusing our awareness on *what we need to learn in order to grow*. It is the *gift* that Fear gives Self to show its *love and respect*. Yes. Fear *actually loves and respects* Self. Once Self *opens the gift* and *dives deep* into the richness of *applied knowledge, discipline* will mature. Think of this like a *psychological wealth* endowed through *self-mastery*.

Fear is like the classmate who is a bully at the *beginning* of the semester, and becomes our bodyguard and best friend by the end of the year. **Fear is a big fan of Self**. *Knowledge seeks to be known* by human Beings. Fear acts as a liaison that *provokes* Self to *immerse itself in knowledge*. Here is Fear's perspective.

"Whenever I'm in the presence of Self, I must give a tribute. Something they will love! What's better than a gift of hope? I'll give a list of the knowledge and understanding required to overcome this boundary. Self will truly cherish this!"

- INNER THOUGHTS OF FEAR

See family, Fear understands that Self has a *different value* than what Fear brings to the meetings. Fear knows that Self, *unlike itself*, has the power to make *independent decisions*. This is *evident* to Fear because it *must remain* stationed at the boundaries *watching Self decide to stay* inside comfort zones.

Fear's comfort zone **is not** at the boundaries alone. Fear's comfort zone is *in the presence of Self*. In understanding the perspective and purpose of Fear, we see the value of the energy that exists inside Self.

ACTIVITY 7.2

□ Look in the mirror or camera phone while reading the following affirmation three (3) times.

“Fear sees my value and brings me presents when in my presence.”

Take Ownership

There is **power** and **value** in Self. There is **power** and **value** in Fear. Fear brings power and value to every meeting with Self. **Power and value attract power and value.** This understanding is balanced within a simplistic interpretation of the Law of Attraction. “Like attracts like”. We’ve all experienced the power that Fear brings in its arrival. We’ve witnessed how this power has *immobilized* us in the middle of our creative process. This power has been *manipulated* to keep us terrorized by *whatever the news says* is a threat to our comforts. Under the spell of this manipulation, we’ve *judged* each other and *isolated* ourselves in psychological and emotional quarantine. Two things are evident. One, it is clear that the energy that Fear brings is **powerful**. And two, Fear brings this power to Self because it knows ***Self is worthy of it***. Fear *believes* that Self can become greater when Self *appropriately harnesses* the power it presents.

In order to receive the power that Fear presents **we must take ownership of it**. I’ve discovered a three step process to transmute (or transfer) the energy that Fear brings into power that Self *can control*. It might initially seem pretty basic. This is because *it is*. We will utilize the mindsets and understandings previously discussed in this book to successfully wield

this process. The goal is to have a simple method *to receive Fear's gift* so that we can *accept the power* every time Fear is in our presence.

Step One

The most important part in each step of the process is **intentionally expressing the energy** into the Universe. We must activate the power of Intention with full alignment of thoughts, words, and actions. The first step in the process is **expressing gratitude**.

Family, I know that might sound 'easier said than done', but **gratitude** is a *major key* to unlock *many blessings* in Life. One of those blessings is the power that Fear presents. Here's how we use it. Whenever we feel the presence of Fear, whether we are in the creative process or in a public setting, as soon as we feel Fear, find three (3) reasons for which we are grateful. This action aligns our awareness to a *higher frequency of thought* than the frequency in which we feel Fear. The alignment of our thoughts *charges the atmosphere* around us as we begin to identify these three reasons. These reasons can be objects, people, details, exchanges, etc. Self can also express the gratitude received as a benefit of transparency and *focus it* on Fear as the *object of gratitude*.

"I am grateful for Fear. It always brings me more knowledge and awareness!"

- INNER THOUGHTS OF SELF

When practicing this step, let's be sure to remain *authentic* and *open-minded* to capture the first thoughts that spring into our awareness. We can use the following activity to practice charging our atmosphere with gratitude. Remember family, our aim is to become comfortable executing this step *mentally* while in the presence of Fear, so let's practice speaking these affirmations out loud until we are comfortable.

ACTIVITY 7.3

□ Look in the mirror or camera phone while reading the following affirmation three times and filling in the blank with a **different reason each time**.

“I am always grateful for _____.”

Step Two

The second step is to **express trust**. Nothing is ours until *we claim it*. It is a matter of earning or attracting it to us. How? We claim what we want with **expressed intentional energy**. With enough intentional energy built up and focused, Self can *claim* any *target*. Self is exerting intentional energy by completing the activities within the field of Awareness. The Universe is aligning *all the uncontrollable variables* for our success. This balance is maintained by **trust**.

See family, this is why the trust endowment is so necessary. There is trust *presently being exchanged* between Self and the Universe, the Universe and Source, and between Source and Self. Trust is an essential element to create sustainable relationships. This is *especially* true for Divine relationships. We *must trust* something or someone *outside of Self*, simply because Self is *not all-knowing*. To *refuse* this truth one must be *solely* perceiving through The Lens of Ego. Self was *not designed* to know everything in this Life, it was designed to *grow*. In order to grow, we must trust a source of truth *beyond* ourselves. We must trust a truth beyond our own experiences and those experiences shared through the lens of others. In knowing that Self is having a human experience, we are trusting that everything beyond our control is under the control of another, more *knowledgeable* and *capable conscious* Being.

Trust is the *only way* to receive an understanding that we deem as valuable enough to build upon. We change our thoughts, words, and actions when we receive new understandings **from sources we respect**. The foundation of trust is *respect*. An organic way to build trust is for Self to share the

respect received as a benefit. Self can express respect to Fear for the transparency in details of our weaknesses and vulnerable areas that require growth. Remember, ‘we get what we give’. We’ve been *giving* Self transparency, so we *receive* transparency from Fear as a response. Go *figure*. Look at Source?! That is beauty in design and ingenious engineering. Fear is *powerful* and *worthy* of respect from Self.

Now, respecting Fear does not mean being *fearful*. It means *understanding and valuing* the *perspective* of Fear. It means *making efforts to be aware* of the energy investment of others, including Fear, the Universe, and Source. It’s accepting the *humbling* truth that there are areas that Self *needs to develop*. And it’s respecting the fact that Fear has the *cojones* to tell Self about Self ‘face-to-face’.

The activity of thought itself will *tune our awareness* to a higher frequency. We now have transferred the energy gifted by Fear to a high positive vibration. A vibration that exchanges gratitude, transparency, respect, and trust through connections of Divine energy. We are now ready to **activate** this energy with the next step.

ACTIVITY 7.4

□ Transport Self into the presence of Fear and pay close attention to what triggers emotions. *Why does Self respond this way?* Look in the mirror or camera phone while reading the following affirmation three (3) times.

“I respect Fear for being transparent with me and helping me transform my weaknesses into strengths.”

Step Three

The third step in the process is to **express love**. Now, I know what you're thinking family. How can we be in love with Fear? Love and Fear seem like oil and water, they don't mix. We've been conditioned on so many levels to be terrified by Fear. It was etched into our Minds that Fear can **only** have negative energy. However, this is not the full truth about Fear. Fear is balanced with powerful negative and positive energy, and it expresses **positivity** exceedingly more often than it does negativity. Fear loves and respects Self. It should be clear to see the love in Fear when you accept the truths we've discovered and use the mindsets we've established.

Fear is *worthy* of our *patience*. Yes, the last remaining benefit of transparency that Self received. Fear is worthy of *exchanging* patience with Self. Follow me in this path of thought family. While Self has been freely moving around its *comfort zones*, making intentional (and unintentional) decisions, what *exactly* has been Fear up to? Was Fear not *watching and waiting* for Self, *exploring* Self's boundaries, and *preparing* its gift? Fear has been present and prepared *every-time* Self has decided to visit boundaries. Fear has *already led* with patience.

Fear does not leave the boundaries to *hunt Self down* in the streets of our comfort zones. It does not *voluntarily* appear at every engagement or encounter we have in Life. Not at all. These are the actions of those that *manipulate* Fear to control the energy of others. When we understand the truth of Fear, we can see Fear's Divine connection to Self, and its intentions to *add value* in a unique way. **That's where we direct our love.**

Fear has a unique way of grabbing our attention. The techniques Fear employs *grow* and *evolve* as we move and advance in Life. Fear is creative in expressing its energies. No matter what level we reach, there's *always* a boundary to explore. It's as if Fear was designed *specifically* for each person. As I mentioned earlier, Fear is not *conscious or sentient* like Self, however it is conscious of its unique bond to Self. Fear was created by Source. This means that Fear was made with

Divine energy, the energy that moves through all Life. Divine energy moves throughout Self and the Universe. This is probably why Fear appears so dynamic, creative, and personalized in its expressions.

Self and Fear are both *made* of Divine energy. This is why there is no *'fearfulness'* in the spirit of Fear. I'm referring to the verse in 2 Timothy 1:7. If this verse were **false**, then Fear would be *afraid of Divine energy*, the very essence of its existence. It would mean that in a possible perspective Fear is *afraid of Self*, which we can see is *not the case* based on the gifts Fear constantly gives to Self. It would mean that in one of those perspectives Self would *always be afraid* of Fear. This is not true because we can see the *respect* and *power* that Self *receives* when applying the information *provided by* Fear *as an incentive* to be in Fear's presence.

For this verse to *ring true*, then the opposite must be considered. There must be **no fully 'terrorized' perspective** anywhere in these internal energy exchanges. You see family, Fear's *love for Self* and Self's *love for Fear* are *both rooted* in a common love. They are rooted in our mutual love for Self, the Universe, Source and every other living Being that exchanges **Divine energy**.

The love expressed in this step is first received *from* Fear. We do this through acceptance. It is an acceptance of the gift of awareness of our weaknesses. It is humbly receiving the respect shown to Self in Fear's appearance. It's holding a solid *inner-standing* of the value and power we currently wield, and *accepting* the value and power that Fear brings to us. Ultimately, we express our gratitude for the attention-to-detail, time, and energy Fear provides Self. Once we can genuinely express gratitude for Fear, then we've claimed the energy that it has presented to us. We have *received* the love and respect Fear *eagerly* has given and now have *ownership* of the energy.

Conclusion

Finally family, we must **express the love we've received**. We can't just keep it *bottled inside*. This extremely powerful and ancient energy we've been gifted *is not for hoarding*. We've been blessed to experience such Divine energy and awareness of Love. This power was *brought to us* so we could do what humans do best. We've been blessed with this energy **to create something new** with it. This is how we channel the energy that Fear delivered to us into a *truly* powerful expression. Realizing our value and the value that Self attracts (a value delivered by Fear), we spring into action on the things within our field of Awareness, take action on what we know, and take action to learn.

Turn the Love into a *passion to study* new topics, and transfer it into the *exploration* of a new technique. Focus the Love on a *solution to a challenge* in our awareness. Express the Love on an empty canvas using beautiful colors waiting to be *manipulated with emotion*. Channel Fear's Love into a melodic rhythm and *produce* a rhythm that allows others to feel the energy in their Bodies. Transfer the Love in relationships around you and *give the energy* to a loved one or a friend. The *applications* and *possibilities* are **endless**. The choice is yours! Whether you choose internal or external expressions is up to you. Just make sure you **express the Love**. When we choose an area of focus where we find *passion*, it will lead us down the path to gain discipline. The scripture rings true! The spirit of Fear *does* bring **power, love, and discipline**.

When we accept this understanding, we can *take ownership* of the power and value that Fear presents upon arrival. Once we have ownership of the energy, we can focus it through the power of Intention and *go to work* on the goal that we want to manifest. At that moment, we successfully transmute the energy that Fear brought us. We've converted energy that was previously a *hindrance* into the *fuel* that carries us through the discovery of the Unknown. We are no longer bound as a slave to see Fear as only '*terror*'. We can no longer be *unwillingly*

bound by any boundary set in our Minds. We now view Fear as a Divine partner, bonded together before *time* itself.

To Be Continued...

GLOSSARY

angel: one of a class of spiritual beings, attendants and messengers of God. A divine messenger.

awareness: the state of being conscious or mindful of something within oneself or in the environment. It involves recognizing, understanding, and paying attention to thoughts, feelings, surroundings, or situations, often leading to greater clarity and insight.

Body: the divine personification of the physical ‘home’ of Self and Mind; comprised of all internal systems that feel emotion and handle the senses (sight, smell, hearing, touch, taste).

Divine (adj.): meaning “of a god” or “godlike”. The concept encapsulates attributes associated with deities, such as holiness, purity, and greatness.

energy: a fundamental property of matter and systems, representing the ability to cause physical or chemical transformations. Refers to the capacity to do work or produce change. It can be transformed from one form to another, but it cannot be created or destroyed.

fail (v.): to be unsuccessful in accomplishing a purpose; also to cease to exist or to function, come to an end.

Fear: the divine personification of the emotion of ‘fear’ (also known as Fe-Her).

fear (n.): an emotion experienced in anticipation of some specific pain or danger (usually accompanied by a desire to flee or fight)

field of Awareness: all things and everyone that Self is consciously and unconsciously aware of in the present moment.

intuition: the act of directly perceiving or gaining insight without rational thought.

lie (n.): an untruth; conscious and intentional falsehood, false statement made with intent to deceive.

love: the feeling and emotion of love felt by a person.

Love: the divine personification of the emotion of ‘love’.

melanin: a natural molecular compound that has metaphysical properties that exert themselves without being granted neurological permissions and interprets frequencies and energies within our field of Awareness, sending the information throughout the Body.

Mind: the personified divine conscious storage and processing system that collects all the data of the Body and in the field of Awareness for Self to manage.

rejection (v.): to eject, set aside, block from inheritance; refuse to acquiesce or submit to, to throw away as undesirable or useless, refuse to take for some purpose.

Self: the operator of the Body, the conscious and unconscious part of ourselves that uses the physical brain to think and make decisions.

Source: the supreme consciousness that created and sustains all living things.

Spiritual Law: refers to principles believed to govern the spiritual realm and personal growth, such as love, karma, and intention. These laws guide moral conduct and inner development.

The Unknown: territory in the Mind that has not been explored and ‘mapped out’ by Self; the area where learning, growth, and discomfort exist.

The Universe: the conscious primordial energy that facilitates the metaphysical dimensions in which we exist and collaborates with Self in the process of manifestation.

truth: the quality or state of being accurate, real, or by fact or reality. It represents what is genuine, authentic, and verifiable, serving as a reliable reflection of the way things actually are.

Universal Law: encompasses the fundamental principles that govern all of existence (physical, mental, and spiritual), like the Law of Attraction and Cause and Effect. These laws maintain balance and order throughout the universe.



MINISTER M.J. TUCKER

About The Author

Hailing from the vibrant streets of Houston's Third Ward, Minister M.J. Tucker carries the heartbeat of his community in every word he writes. Born into a world of hard knocks and hard-earned wisdom, M.J. was shaped by the quiet strength of his grandmothers. Their lessons in resilience and curiosity became the foundation for a journey that would weave through music studios, tech startups, and the sacred halls of spiritual discovery.

At age 25, M.J. answered a Divine call, trading beats for sermons and pixels for doctrines. But his soul, ever restless, refused to be confined to a single path. A polymath at heart, he became a bridge-builder between art and faith, innovation and tradition, crafting media ventures that buzzed with the energy of his coined philosophy: "Cre8ive" (a celebration of infinite creative connection). Yet, even success couldn't shield him from life's storms. After a decade of entrepreneurial highs and soul-shaking lows, M.J. found himself stripped bare by failure—a crucible that birthed a profound awakening.

Your Friend, Fear™ his debut literary work emerged not from ivory towers, but from dusty digital libraries, sleepless

nights, and raw introspection. In its pages, he unravels a tapestry of forgotten truths, ancient wisdom, and the quiet rebellion of self-awareness. With a storyteller's grace and a prophet's urgency, M.J. invites readers to question, to unlearn, and to reclaim their power in a world too often ruled by popular opinion.

For M.J., every sentence is a seed, every chapter a compass, pointing toward a world where freedom isn't just heard of, but it's felt. Explore his teachings, music, and ever-evolving creative universe through yourfriendfear.com.



