



BY DEREK O'NEILL

# Fear

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# DEDICATION

To all who read this book, I salute you for wanting to change the way you live for the better and for having the courage to be who you are as fully as possible.

To all who encourage me everyday to keep going and sharing their lives with me, family small and large. But most of all the little angel who came to teach me— my grandchildren.

*“Everybody hurts sometimes, and when we do it is nice to have Derek O’Neill around. His excellent little books on the things that get us, (fear, anger, depression, victimhood, mental blocks) allow us to find our way safely through our psychological minefields and arrive safely at the other side. Read them when you need them.”*

- Paul Perry, Author of the  
New York Times Bestseller  
Evidence of the Afterlife

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## AUTHOR'S PREFACE

Thank you for purchasing *Fear—A Powerful Illusion*. This book has not come about as a result of my training as a therapist, but through some hard-learned lessons that I have experienced myself. This is how I know the path out of limiting beliefs and behaviors that hinder our growth. The tools that I offer in this book have worked not only for me, but also for hundreds, if not thousands, of people. I have shared these ideas in workshops, one-on-one sessions, and on my website. Through observation of myself and others, I have learned to identify the triggers and root causes of disharmony. Most of all, I have come to understand and utilize the best methods to achieve peace and balance again in life; not perfection, but real transformation and

harmony that comes with learning who we are and what makes us tick. My 35 years of martial arts study has given me a refined sense of timing for when to strike with the sword to cut away old patterns and beliefs, and when to use the brush to paint the picture in my mind of the life we deserve and can have.

These 'Get a Grip' series of books offer tangible, authentic wisdom that will transform not only your life, but create a system for you that can help with all aspects of your life. You've made a great choice to invest in yourself by buying this book, or series of books. Let's change who we are together.

Derek

# Fear

A Powerful Illusion

# THE SUBCONSCIOUS – OUR BLUEPRINT OF HOW WE SEE THE WORLD

The subconscious mind is like a library. Science tells us that every event that has ever happened to you in your life is registered and stored away. Your subconscious mind has a multitude of ideas, thoughts, and experiences. It is a very abundant library! The problem is that no matter what chronological age you are, your subconscious has the maturity and judgment of a child. It soaks up all experiences like a sponge, but doesn't know how to fully process them. Fear is often rooted in the subconscious, and is easily triggered by feelings that may have no connection with

what is actually happening in the “here and now” in your life.

When our personal history influences perception and objectivity, it is difficult to see the truth. We need a clear vision of what is behind our fears, and the subconscious, which is often obscured, can get in the way. There is a Buddhist parable that is a great metaphor for how this plays out in our lives: One evening, a man walks into a shed and upon seeing a coiled snake in the corner, becomes fearful and runs out. The next day, when the shed is well lit, the man returns and realizes the snake was actually a rope. It was his illusion of reality that interpreted his view of what was before him. It was the darkness that veiled awareness and truth. Our thoughts are formed by the subconscious. We see what we want to see. When we shine a light on that snake, delusion is revealed. That’s when we can start to let go of fear, and move beyond it.

Here's an example of one of the ways the unconscious triggers fear: A woman came to see me for therapy who had a fear of feathers. This phobia, which appeared very suddenly, was so severe that the woman hadn't been outside her house in four or five years. In order for her to travel to our appointment, she had to ride in a car with the windows covered. I used hypnosis and regressed her back into her subconscious mind, asking her to talk about any memory or thought that arose. After a couple of sessions, she hit an important recollection. One Christmas, when she was five years old, she was playing with her dolls in the living room. Her father came in, very upset and crying. He told her that her mother, who had cancer and had gone to the hospital, would not be coming home again.

As the woman recounted this story under hypnosis, reliving it as if it were happening just then, she said that her father was holding her while she looked

at the Christmas tree in the corner. When she described the tree, she mentioned an angel on top. "It has a white dress on and its wings are made of feathers," the woman told me. Now it was clear; her subconscious mind was bringing her right back into the trauma of losing her mother every time she saw a feather.

Fear of unearthing the subconscious, and what it will reveal, is a factor in a lot of the challenges that manifest in our lives. I have worked with people whose issues with weight and body image were "covers", literally, for keeping painful subconscious memories obscured. Whether it was abuse, teasing, and/or unhealthy messages about self-image, gaining weight creates a buffer from the fear of exposure. But on the other side of that fear is release from it. To be truly "seen" means you are in a place of self-acceptance, using fear not as a shield but as a messenger to learn from. Problems with relationships, money and other areas that

you find yourself stuck, and not moving forward, are usually about fear. The subconscious can create fear of taking that leap into the unknown.

When you work at connecting the dots between subconscious memories and your fears, you open the door to the great potential of life. That includes all the highs and lows each and every one of us experience. If you barricade yourself with fear, you are not fully living. Change comes with fear. We are wired to want to know where we are at all times, what's going on, and what is going to happen. When we accept that we don't control any of these external factors, and that the subconscious often gives us unhealthy and counterproductive messaging, we can start to experience a conscious mindset that is the foundation of happiness and serenity.

Fear is fluid. Old fears can recede and new ones can develop. Looking deeper into

what motivates our actions and attitudes is an on-going process. Self-reflection should not distract you from life, but the awareness of the ebb and flow of all that goes on around you, and your shifting relationship to it, is necessary. Many people are fearful of their feelings. People's subconscious can be an enormous mystery to themselves. The irony of dealing with fear and moving beyond it is that you have to have the intention, will, and courage to look within. How can you be fearless about fear? Well, no fear is going to disappear magically. Even when an important link to a particular fear you are experiencing is revealed, fear - in various forms - can always rear its head. It is how you deal with it when it comes up that makes the difference.

Once you have some understanding of a fear, you'll be able to act on that knowledge and begin to move forward. You cannot let go of something until you know exactly what it is, where it came from, how it affected

you in the past, and how it manifests itself in your present life. Information, teachings, and help from professionals can lay the groundwork for the self-discovery that will break the grip of fear.

# FEAR OF LOVE – WHY ARE WE AFRAID OF WHAT WE WANT?

On the face of it, love is something that almost everyone would say they want, need and/or would like to have. In reality, so many of us struggle with the fear of love. In all forms - love between partners, love in a family, love of friends, love of humanity – we find the resistance and misunderstanding that has fear at its core. To truly love and be loved you have to be vulnerable, but without expectation and/or unhealthy attachment. Love is no small feat! Fear rushes in when we feel unable to figure out our relationships to people and to life. The prospect of being rejected or disappointed is sometimes overwhelming. Even when someone thinks that they live with

an open heart and mind to love, they can be self-sabotaging, often with no conscious awareness.

If love is something we think we want, why isn't it easier to have? What does it mean to live in love, instead of fear? Take a moment to think about what the "fuel" is that you use to run your life. By that, I mean what is it that energizes most of your interactions with others and defines the situations you find yourself in? Are you motivated by fear, concerned that if you don't do the "right thing," you won't have love and happiness? What would "living in love" look like?

Fear is filled with anxiety, distance, competition, and stress. Love is accepting, nurturing and constant, even if you think you have a lack of it. Love is a natural state for humans and the universe. It is our fear that creates strife, distrust, unhappiness and, on the larger scale, world conflict.

Unfortunately, people tend not to enjoy love. They distrust it, especially if it seems present all the time. Humanity is not wired to accept abundant love. So many people have been brought up around anger, envy, jealousy, bitterness, and very little love.

Giving and receiving love is often confused with giving and receiving things. For a parent, providing all the material stuff a child wants has nothing to do with love. Love is accepting that a child may not graduate from college after you have spent thousands of dollars on his education. Love is embracing your child when they come out, saying, "Mom and Dad, I'm gay." Love is watching your child become a drug addict and holding the space for them to come back out of it without judging them. Love is an unmarried mother holding down five jobs to feed her children. Love is NOT giving your kids the latest Xbox or \$400 tickets to a concert if the motivation is to get the kid out of your hair, or to

make sure you look good compared to the neighbors. These gifts were not given with love, but with fear. Fear that you can't make your child happy. Fear that you are not a good enough parent. Fear that you cannot rise to the level of others, as you perceive them to be.

When you sit with yourself and think about what is truly important, a shift in attitude begins. Parental love has nothing to do with material things or what other people are doing or not doing. It is about you and your kids and a connection that needs no conditions or requirements. Getting to understand that love involves clearing away the junk in your mind. It is the fear that gets in the way. The same is true with the love between you and a partner. When you stop seeing all your relationships (parental, romantic, social, work-based) through a "win-lose" type of lens, there is an ease that sets in. Acceptance that there is no perfection, often no right answer, and

no magical formula is a huge step to facing fears and moving past them.

Love is about trust and most importantly, self-trust. How can you trust anyone else if you don't believe in yourself? So many people are scared to trust their feelings, their decisions and who they really are. The fear of judgment and rejection can dictate your life. Past hurt, betrayal, abandonment, and/or disappointments can be internalized, and then become a forecast for what you expect in your life. On the surface, remaining fearful, hanging out on the sidelines of love and connection is a self-protective gesture. Who would want to be hurt again? Of course, it makes perfect sense to react this way, but not practical sense if you want to move beyond painful incidents in your past. Once again, fear is trying to tell you something. Our hearts close when we are fearful. How can we stay open to give and receive love?

You've probably had the experience in life when you've told a friend – perhaps at school - a secret, and then when the friendship changed, they betrayed your trust. Or maybe a parent embarrassed you at some point when you thought you were doing something bold and brave. So now you've learned to keep quiet, be reserved in your trust and remain on guard at all times at the prospect of being hurt. Even at times when it is so important to reach out, say if you are feeling depressed, you won't talk about it because you're terrified you'll be judged. When you shut down with yourself, you shut down to life. Keeping secrets locked up inside you, because you are fearful of the world's response, creates suffering. You must be honest and truthful with yourself in order to experience love in the true sense of the word.

Fear likes to jump out at us. Sometimes it is simmering over a long period of time but often it appears quickly, disguised as

anger or avoidance. Stopping and sitting with fear is one of the most important things we can do for ourselves. Observe the physical sensation of fear. Be conscious of your breathing and how your body feels. Connecting with the actual sensations of fear can bring you closer to understanding what is behind it. It is not about banishing all fear, but the goal is to let love into the equation. Self-love and acceptance of others spills out into the world, and can counter-balance fear in every area of your life.

# FEAR OF FAILURE AND SUCCESS – ARE THEY THE SAME THING?

When we think about changing our lives, fear often steps in and blocks the pathway to that transformation. We tend to project into the future and form an idea of the result we want as we start out on a new endeavor, whether it is a job, going back to school, or beginning a relationship. Fear of looking foolish or being judged comes into play and sidelines us. Stating a goal, working towards that end, and then manifesting what you want is a positive process. But if fear takes over, and attachment or aversion comes into the mix, the idea of failure can paralyze us.

Some people get into a habit of fearful thinking and are very happy to stay there.

They decide that they definitely know what will happen, and it is not going to turn out well. Think about how ironic it is for someone who is stuck in low self-esteem and confidence to believe that they know exactly what will happen the future. They would be quite powerful if that were true! Unfortunately, none of us possess a magic ball that can see what's around the bend. Fearing the future, which you have little control over, is not constructive and will deplete your emotional energy.

Failure has a bad reputation in our culture. It is seen as a negative; something to avoid at all costs. Even when someone has a good chance at making something work, they might very well never try because of the chance they will fail. We become worried about the way we will be perceived, and possibly criticized. If you were picked on by someone in childhood, or not supported in your trials and errors as a child, this may very well seem familiar.

The truth is that failure is a great opportunity, and it can mean different things to us, depending on how we define it. We learn from failure. Once you stop fearing it, it loses its grip over you. You can pick yourself up and try again, with even more courage and focus.

Ask someone who is scared of failure what he or she wants and they will tell you success. But if you dig deeper, you may find that fear of success is also controlling them. What would happen if you achieved what you wanted? Are you afraid it's not all it's cracked up to be? We convince ourselves that all our problems will disappear and we would be happy "if only" we landed that position, made a huge salary or had that amazing person in our lives. Living in a state of "if only" keeps you from enjoying what you have. You become attached to the idea that success is dreamlike and probably unattainable. If you had success, you may be convinced you wouldn't know what to

do with it. Staying in a state of fear about failure and success feels safe and familiar.

Maybe you have negative feelings around money and power. Perhaps someone in your life had a lot of material achievement or professional status, and used it as a manipulative force towards you or other people. What if that person was absolutely miserable, regardless of their success and money? Do you think that people would stop liking you if you were successful, or that they'd be threatened by you? Are you stuck in a role that you feel everyone expects of you, including yourself? Would being successful mean additional stress for you, in order to maintain it?

You, and only you, must find out where you are comfortable in life and really think about what is important to you. Both failure and success are just energy. They should move in and out of your life with as little resistance as possible, for both are always

shifting. When you nudge fear to the side and deflate the intimation of failure and success, you will be able to experience their benefits, and opportunity for insight.

Fearing failure and success can keep us from so many experiences in life and hinder forward movement. Holding yourself up to a false sense of perfection leads to self-sabotage. Learning to think more positively is a way to begin to chip away at the fear of failure and success. Work at goals in small steps. Think about all the potential outcomes of something you are about to try without letting any negative self-talk come into the picture. Make plans for alternate decisions and choices if things don't work out as you hoped. Value the potential of being steered down a different route if you end up having to take it. You may be pleasantly surprised as you stand in front of a door that has opened in your life because another one has closed.

# FEAR OF DEATH – WE ARE ALL JUST ENERGY

Science tells us that the only thing in the universe that cannot be destroyed is energy. The world of spirituality uses different words, but delivers the same kind of awareness. If you truly believe that you are energy, you begin to lose the fear of all fears - the fear of death. When you stop fearing death you gain a deep confidence in living. Death is a given that everyone will experience, yet the denial of death is very prevalent. People fear the unknown qualities of death. The separation from the life we are living, and from the people in it, has an inherent sadness. But to fear all the emotions, mysteries, and change that death brings only makes it more difficult to

experience. Thinking of death as a fundamental part of life is the first step. Accepting all the feelings that come with it is the way to face the fear.

If we learn more about death, from both a scientific and spiritual perspective, it becomes more familiar and integrated into life. Celebrating life should be tied to death. Many cultures have rituals that people grow up with that bring death into a territory where it is diffused and natural. Even when death is sudden, if you have worked through a fear of it, you will be prepared to move out of this life with the knowledge and peace of mind that you have lived the best and fullest life that you could.

Behind the fear of death can also be the fear of regret, thinking we'll leave this world with guilt or worry. While alive, we are caught up in people, things and situations. As death demonstrates, all of these

are transitory. Instead of gripping what we cannot hold on to, realizing that what counts as you move through this realm - what kind of person you've been, who and what you've enriched, and the love you gave and received – is all that matters. While alive, you can cultivate the seeds of happiness and positive actions that travel with you as you move into death. That happiness and positivity will continue to grow in the living world in those you have affected.

What is a meaningful life? Is it measured by how you compare to other people, by your achievements, or what your friends will say about you when you're gone? You must find your own meaning, and embrace it for yourself. One of the most relevant aspects of life is that its nature is transient. Western cultures have distanced death from the living. People fear it because they remove themselves from death until it's a reality for them, whether facing their own

death, or the loss of a loved one. At that point, there's no familiarity or acceptance.

There's a balance that has to be struck between fear of death and focusing on life. Contemplating death is healthy. If you deny death you won't have the opportunity to prepare for it and connect it to the living world. Taking the fear of death and channeling it into positive actions is a perfect example of how fear can inform us. When fear becomes obsessive and paralyzing it will interfere with life. Since our time on this planet is relatively short, worrying about death, in a way that doesn't help us to understand it and to placate it, will lead to suffering. It may be the inherently scariest of fears, but processing death in a way that celebrates life is a goal that begins with examining our fear.

If you experience death as a frightening prospect, ask yourself what you think those feelings might be based on. Do you see death

as the ultimate unknown? What does that mean to you? Have you witnessed someone close to you die with difficulty and resistance? Have you experienced the opposite – watching someone pass on with grace, acceptance and love? Allowing yourself to have ALL the feelings surrounding death is so important. Like all emotions, they have to be recognized, embraced and let go of. Attachment to grief and suffering will keep us from moving forward.

Death is complex. It's often very sad but it's much more. When we lose someone dear to us we don't really ever "get over" the death, but we need to celebrate their life by living ours to its fullest. Think about that in terms of your own death. How do you want to leave the people who care about you? What are you doing with your time here to set the tone for transitioning to death with peace of mind? Your legacy doesn't mean you accomplished some earth-shattering feat while alive. It's just that you lived as

best you could, moving through the ups and downs with as much ease, openness and compassion – for yourself and others – as possible. Living, not any particular goal, is its own reward.

If you face death honestly and with introspection, the fear surrounding it will lessen. You cannot be truly fearless about life until you begin to confront the fear of death.

# THE BEST STEPS TO OVERCOME FEAR

Tackling fear is an ongoing process. Rather than eradicating it, changing your relationship to fear is more constructive. Fear can be an indication of our triggers, and a window into our psyche. When you look at your fears, starting from a state of confidence is essential. Don't reject your feelings. Look at them calmly and treat yourself with kindness. Handling whatever it is that you are frightened by is a matter of moving through the feeling. You must be patient with yourself. Facing fear is not a test. You may not be ready to give that speech, or ride the bike, or start dating again, but the ability to take small steps toward a goal is all that matters.

When you adopt a more confident stance, even if it feels unfamiliar and uneasy at first, has the benefit of creating a state of mind in which you feel safe. There have been studies that people who exude an air of confidence fend off would-be muggings and other crimes. Confidence is a protection that comes from within. Look around you and think about who seems confident. It's not that someone who seems strong and self-reliant is absolutely fearless, but that they invite a safeness and solid foundation for approaching the world with resilience.

The times that we live in create a lot of fear, which if we allow to settle in, can overtake the way we see the world, other people, and ourselves. There's a flow to dealing with fear that goes against the grain of the media blasts, fear-mongers and information tainted with a negative slant. Achieving that flow is about being pro-active in your consciousness. If you are aware of delusions created in your mind, and how

they can seem very real, you can process the truth, your truth, and live with a much more positive mindset when you come up against fear. Instead of the fear causing you to retreat, you see it as a valuable challenge.

What practical steps can you take to subdue fear? Identifying what it is exactly, and having a sense of what you need to do to chip away at it, is key. Whether you feel you can begin to make headway to alleviate a fear now, or need to wait until you are ready in the future, you can start charting a course for engaging with the fear and changing the way you feel about it.

- Start believing that your inherent nature is one of confidence. You have the ability to let go of a fear, no matter how you came to it or what is influencing you from your past. We create our reality in our mind, and that is where fear resides. The mind creates delusions that can fool you into thinking they are

real.

- Don't deny fear but don't feed it with more fear and negativity, as it will grow and worsen.
- Think about whether your fear is really another emotion such as anger, guilt, frustration or hurt.
- Don't shut down. You can't obsess about a fear when your mind remains open and clear.
- Look at the bigger picture. You are not your fear. That fear may seem very large, but let it rise and fall as just a part of the landscape of your life.
- Know that worry won't change the outcome of ANYTHING.
- Try to break familiar patterns of how fear is triggered for you and how you respond to it.
- Even if it's a small step, take action. If that doesn't turn out as hoped, have another plan of action ready.
- Attempt to take the focus off yourself

by doing something for someone else. Fear can be very selfish and inwardly obsessed. Fill that space that is consumed with fear with a positive deed that is outside of yourself.

- Look for the teachable moment when you feel fear.
- Instead of allowing yourself to be affected by a negative collective consciousness of fear, which is spread by external forces, try to tap into the opposite – the collective consciousness of people who are looking to connect to one another. Fear can divide people. Be mindful of motivations by people and systems that seek to isolate us and have us compete with one another.
- Take care of your overall health. Eat well and get enough sleep. When your body is stressed or depleted, you are less able to cope with fear.

You don't have to let fear rule you. Some people are not even aware that fear

is steering their life. If you know that it is having a negative effect on you, and that you truly want to do something about it, there is a vast amount of wisdom and help available if you take action.

# THE BENEFIT OF VULNERABILITY

We are all vulnerable beings, and that is actually one of our greatest assets. Our vulnerability speaks to the fact that anything can happen at anytime. It's sad to think, but any one of us could be run over by a bus tomorrow, or receive a dire medical diagnosis. That's how fragile we are. We're not very strong when it comes to preventing events or circumstances. Your strength comes from your ability to remain open to all the experiences that life has for us, and stop fearing what you don't know. When you get to a stage where you begin to stop tagging experiences as good or bad, and you just call them experiences, that's when happiness remains constant and you can let go of fear.

You have to be courageous to be vulnerable. People put up a false front of what they think is strength and deny that they are vulnerable. In truth, that's a fear of being exposed, accessible and human. Life without vulnerability is limiting and isolating. Vulnerability is having the courage to say to people, "I am not perfect. Here are some of my faults. Here is some stuff I'm working on in my life right now." That's strength, without the fear that we must hide who we are.

Showing people your vulnerability can be an extraordinarily powerful experience. If you fear telling someone that you have hidden issues, well then, sooner or later the skeletons in the closet come out, creating trouble. How many times have you experienced that in your relationships? Things in the beginning were all flowers and candy, but when real life came along, you feared being vulnerable and didn't accept it in others. It's so much better for us to be honest and vulnerable. That is where our heart comes from.

Vulnerability can expand your world and help you to embrace your identity. It brings you closer to others and yourself. What may seem like self-protection, in reality, distances you from all of life's potential. How can you deal with fear or other feelings that keep you from what you want by creating a cover - a hard shell that won't let anything in? That's where fearlessness is often confused with being invincible. No one is, nor would you want to be. The balance that you strive for is to have the kind of confidence that processes fear and doubt and keeps perspective with what the mind can distort, while remaining vulnerable, sensitive, and compassionate. If you walk through life putting a lot of energy into avoiding potential hurt and disappointment, you are guaranteeing hurt and disappointment. Life has both suffering and joy. You have to be open to both.

Loving yourself is where vulnerability starts. When you feel grounded in who you are, with kindness and room for growth, the negative connotations of vulnerability,

and the fear of it, subside. You can be vulnerable without feeling that leaves you open to hurt. You're not dependent on people or things to make you strong. When you feel fear about anything in life, you can admit that you are vulnerable, without being hard on yourself or people around you. Vulnerability is not weakness or helplessness. It's jumping into the great big pond of life with an open mind and spirit to everything that comes your way.

# USING FEAR AS AN OPPORTUNITY TO “MEET” YOURSELF

If you are constantly triggered and motivated by fear, you'll just get more fear out of your experiences. How do you approach doing something that you are frightened of? Feel the fear and do it anyway. Invite the fear in, sit it down for a cup of tea, and get to know it! Fear offers us the extraordinary opportunity to really examine who we are, how we got here, and what we can do about it. Giving your fears a voice begins the course toward understanding them. If you are coming from integrity of mind and body, and your actions are in alignment, you cannot be provoked by fear.

You must face fear with compassion and recognition. It is not a question of

conquering fear. Accepting fear reflects the bigger picture of accepting yourself. There is no standard or definite goal in your journey to know yourself better and find peace of mind in life. If you want to apply teachings and insight to breaking through fear, you cannot turn away and avoid yourself. One of my mantras is 'bring it on'; whereas most other people's mantra is 'I don't want to see it.' You have to allow yourself to have moments of both strength and weakness. Don't judge yourself as either good or bad - neutralize both of these words. Enjoy the natural flow of things, the light and the dark. Life is a cycle of both, working with each other.

Your strength comes from your ability to neutralize events in your life, and the fears that might come with them, as much as possible. No one is happy all time. There's freedom in that realization. You will find that you can be fulfilled even during the times you're not happy. When you resist the fact that there will be points in life when things are not going well, there is more

suffering. We are all so busy striving for ever-present happiness that we don't allow natural events to take place within the karmic destinies of our lives.

When we are disconnected from ourselves, living in a fear that's not based on who we really are, the feeling of emptiness comes over us. When you are afraid to be who you are, you haven't met yourself. You can be in a great crowd of people and feel lonely, but the emptiness of loneliness and the fear around it could be your only opportunity to meet yourself. Think of all the space that emptiness offers you to fill! When you come to see that you are perfect the way you are – your worst faults and all – you can fill it with light.

Fear is an alert to ourselves that we need to stop, reflect, and be mindful of our inherent nature of goodness and connectedness to the world. When we stop thinking that fear is something we need to “get over” or deny, we make it our ally and allow it to bring us to more conscious living.

# MEDITATIONS AND EXERCISES TO COMBAT FEAR

Meditations, affirmations and breathing exercises can be extremely helpful for moving through your feelings and attitudes about fear. They are very easy to integrate into your day. All you need is a quiet spot, and a quick break, in order to practice the healing power of your own mind.

Try this meditation: Close your eyes and imagine the particular fear you are experiencing as a dark, black and white picture. Allow yourself to see everything around that fear - the shape and size of it, the sound of it, and all the feelings that the fear brings up. Now bring the picture of the fear into full color. Make it bigger and brighter. Notice how the fear is losing its darkness,

and that it's shifting into a place in your mind where it no longer has power over you. See the fear drift away. Repeat this meditation as many times as you need.

Affirmations are very effective as a "self talk" tool. Tell yourself, "Fear is the mind's way of protecting me from perceived danger." Another great affirmation is, "Fear is a natural reaction and it will pass."

Breathing exercises can not only focus your thoughts, but also provide a way to let your mind relax, along with relieving the physical tension that so often comes with fear. Find a quiet place to sit and place your hands on your lap, palms up. Close your eyes and breathe in for a count of five, and then out for another five beats. Now say this to yourself: "FEAR is truly False Evidence Appearing Real." Repeat as many times as you need. You'll soon begin to feel your perception of fear shift and change.

## ABOUT THE AUTHOR

Irish-born spiritual teacher Derek O'Neill inspires and uplifts people from all walks of life, offering guidance to influential world leaders, businesses, celebrities, athletes and everyday people alike. Distilled from his life work in psychotherapy, a martial arts career and study with wise yogis and Indian and Tibetan masters, Derek translates ancient wisdom into modern day teachings to address the biggest challenges facing humanity today.

For more than 30 years, Derek O'Neill has been transforming the lives of thousands of people around the world through workshops, consultations, speaking engagements, media, and humanitarian work.

Drawing on years of training in martial arts, which earned him the level of Master Black Belt, coupled with his extraordinary intuitive abilities and experience as a psychotherapist, Derek now helps international audiences to transmute their struggles into positive outcomes.

Inspired by his worldly travels, Derek and his late wife Linda formed SQ Foundation, a not-for-profit organization focused on helping to solve global issues facing humanity today. In recognition of his service, Derek was honored with the highly prestigious Variety International Humanitarian Award, Arts for India Dayawati Modi Global Award, Irish Autism Action Man of the Year, and Hearts and Minds Pride of Eireann. Derek currently serves on the Board of Directors at Variety International.

Author of *More Truth Will Set You Free*, the *Get a Grip* series of pocket books, a cutting edge book on parenting titled *Calm Mama*,

Happy Baby, and several children's books, Derek also hosted his own radio show, "The Way With Derek O'Neill," which enjoyed the most successful launch in VoiceAmerica's history, quickly garnering 100,000 listeners.

To learn more about Derek O'Neill, to attend his next workshops, to order books, download teachings, or to contact him, please visit his website: **derekoneill.com**

To learn more about SQ Foundation, the global charity that changed the lives of hundreds of thousands of people around the world, go to: **sq-foundation.org**

# RESOURCES

## 'Get a Grip' Book Series

Abundance: Starts Right Now

Addiction: What a Cover-Up!

Anger: Who Gives a Shite?

Anxiety: To Peace

Bullying: You Won't Beat Me

Confidence: Easy For You to Say

Consciousness: It's All Over You

Depression: What's that?

Desire: Never Fulfilled but Grows

Dreams: The Best Messengers

Excellence: You Never Lost It, You Forgot It

Fear: A Powerful Illusion

Forgiveness: So I Can Move On

Gratitude: Yes Please

Grief: Mind Boggling But Natural

Happiness: You Must Be Effin' Joking!

Love/Divorce: Soulmate or Cellmate?

Mindfulness: Out Of Or In Your Mind?

Relationships: Would You Want to Date You?

Stress: Is Stress Stressing You Out?

Suicide: Fast or Slow

Weight: What's Eating You?

### **Other Books**

More Truth Will Set You Free

Calm Mama, Happy Baby

### **Children's Books**

Water Drop Coloring Book

The Adventures of Lucinda in Love-Filled

Fairyland