

A Deeper Look at Fear Part II

Signs and Symptoms of Fear



From Jack: *Deane Juhan and I are due to teach a seminar and class in the second week of April (2013). We are not sure if these events can happen because of low registration. I am somewhat baffled about the slow registrations. As a further enticement there are no late fees for this class. Fear is probably the biggest issue that we deal with as bodyworkers. Our fears and those of our clients lay hidden under the surface of our usual interactions. Deane and I are sticking our necks out in professing that we believe that we can find direct ways to convert fear into presence and inner peace.*

Mental/Emotional Symptoms of Fear: As we observe ourselves and our clients, we start to realize how many symptoms of fear show up in the body and in the mind. Many of us work from a professional paradigm that restricts our role to fixing bodily symptoms. Many of us work in spa settings requiring that we provide a routine treatment for everyone. With such parameters it is not surprising that we often miss more underlying clues that reveal how much the client's suffering is coming from fear. Each one of these symptoms reveals how much deeper the suffering goes than just physical discomfort. Very often the client is unaware of the inner fears and struggles these deeper patterns reveal.

- Crying and sadness - spontaneous crying, client surprised, facial expression of sadness
- Not breathing into upper chest - sign of depression, withdrawal, introversion
- Confusion of mental projection with body awareness - outer rather than inner awareness
- Consciousness loss through dissociation - history of abuse, disappearance response to touch
- Victim ideation that my suffering is caused by other persons - blaming, fear of trusting others
- Self-centeredness – unaware of others or surroundings, absorbed with own interpretation
- Isolation - withdrawal from life, living apart, afraid to engage with others, hiding

Underlying Sources of Fear - Conscious and Unconscious:

Here is a list of some of the common fears that affect our conscious awareness. As we look over this list we can inquire how many of these fears are self-generated, self-amplified, and passed back and forth underlying our conversations, our interactions, and our projections from our egos. We do not want to reveal how

fragile and unprotected we feel. But isn't it proper to ask who or what are we actually protecting?



- Mortal – fear of death shows up in many forms but all center around protection
- Immortal – fear of living fully, many clients afraid to take the risks that change involves
- Pain – fear of discomfort, fear of punishment - association of pain with punishment for past sins
- Suffering – fear of loss, notion that any change involves some kind of loss
- Unconscious – fears that are irrational, fears ascribed to past lives, curses, sins, bad karma
- Fear of change - my present circumstances as bad as they are, could worsen with change

Signs and Symptoms of Fear in Bodies: Bodyworkers and persons who are good observers of bodies can sense these signs and symptoms. These are patterns that are conditioned reactions. One of the important discoveries we make in our work is how to help dissolve these reactive patterns by bringing the client directly into their own body sensations that accompany the fearful reactions. The client can then learn how to directly interact with their symptoms and let go of the fears.

- Cold body temperature - sympathetic response
- Eyes wide open - focus outside the body, thinking rather than feeling
- Spasming jerks – startle reaction being touched or moved, touch sensitivity, fear of pain

- Sighing, gasping, not breathing, flashback, spontaneous reactive movement
- Facial muscles expressing fear - tight jaw, pursed lips, frowning, hyperextension
- Dissociation - withdrawal of body awareness, no interaction, entrancement
- Sleep - a form of dissociation, "fix my body, I'll return when you are done. How did it go?"
- Mentation as opposed to feeling - body image, body performance, not feeling into the body
- Fantasizing - transference, hallucination, projection, romantic ideation, sexual arousal



- Fearful posturing - defensive tightness in response to touch, flashback, defensive movement
- Muscle contractions in legs and pelvis - tight adductors, gluteals, rotators, abuse history
- Diaphoresis – sweatiness in palms and feet, face and other body parts, shockiness.
- Shockiness – dizziness, vasovagal syncope (fainting), lack of verbal or tactile response
- Lack of body awareness - client tries very hard to feel into a body part but cannot

Symptoms of Fear – Worry and Doubt: Worries that have become chronic are generated by our collective conditioned responses to life. Humans have developed civilizations to create safety and opportunity in response to these collective worries and doubts. But the reality is that no matter what we do to escape them, they remain with us. In the West, especially the United States we seem to suffer from collective apocalyptic fears. Perhaps the sins of the fathers: genocide, nuclear weapons, and imperialism, create such guilt that we expect collective punishment. Perhaps this is partly responsible for our tendency

towards fundamentalism, rejection of social responsibility and addiction to adrenalin-based entertainment. Our symptoms tend to become worse as we try to fill our lives with more and more habits and distractions to escape our worries and doubts. Many modern illnesses like hypertension, anxiety attacks, fibromyalgia, chronic fatigue syndrome, and hypersensitivity to chemicals, seem to be bodily responses to these fear driven attempts to escape in the form of self-generated neurotic complexes.



- Worry about natural disasters - God will punish us for what we have done
- Worries about self and others - lack of trust in what life brings, a sense that pain is punishment
- Worry as a way of staying safe - belief that life is fearful so we stay on guard by worrying
- Worry as realistic - a sense that if we don't worry we are abandoning those we love
- Worry about the past or future - by doing so we are always projecting the past onto now
- Worry about body - , if I don't pay attention to fear, my body will be cursed

- Worry about symptoms: body, life, environment, mental, emotional, a prayer or homage to fear.

Source of Fear – Time: We have arbitrarily imposed time on everything we do in our lives. We use "being on time, finishing on time, winning the race, setting a new record, beating the clock, getting there faster." Here is part of our time-based stuckness: The more we rush, the more we are driven by fear, the more we lose our minds, the less peaceful and loving, the less we achieve, and the more the gifts and joys of life elude us and become less and less obtainable. At the end of life we can rightfully say: "What was it all about? Was it worth all the discomforts and suffering? What did I achieve? Did I achieve anything lasting?"



- Chronos eats his children - we have surrendered our gift of life to the appetite of time
- Fear of being late or early – untimely arrival or completion brings judgment or retribution
- Not enough time - we suffer fearfully when we realize we cannot complete our commitments
- Too much time - we suffer from ennui, boredom, losing the rush of adrenalin as a motivator
- Ennui and boredom - feeling of non-accomplishment, lack of social involvement
- Rushing – too much to do, lack of rest or recreation, no quality time or kairos
- Sleeplessness - bringing fear to bed with us, fear keeps talking to us, how much time do I have
- Faster... faster... faster - produce more, have more entertainment, beat the competition
- Watching time (cell phones, clocks), shorter messages, less time for love

- Timers – timed testing, timed production, time and motion
- Machines and automatons - time is money, wasting time is wasting life,
- No time to feel or be grateful; no time for social graces



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