

## Presencing Issue 37: A Deeper Look at Fear Part IV Living in Fear...continued

**Causes of suffering:** According to Shakyamuni Buddha, there are two main causes of suffering in life: craving and ignorance. I aver that both of these causes of suffering stem from the fear that is fostered by our egos. In our ignorance of self we have perpetuated the notion that our egos are our identity. We want the rewards of this life and we want to avoid the losses that cause pain and suffering. Despite the fact that bodies age and everyone dies, our egos strive to create some sort of permanence in this world of form. The desire for permanence stems directly from our fear of death. And yet the most effective tool for feeling eternal life is learning to be present in the body. And this body-centered shift in awareness can happen at any stage of life. Humans have condemned their bodies for causing suffering and for impermanence. And yet presencing, the end of suffering, is attained through our bodies.

Perhaps there is a destiny implied in our professional work with bodies that involves humanity's awakening out of fear-induced ignorance.



**Sources of fear - Time or Chronos:** The ancient Greeks recognized that when we surrender our freedom to the clock, we lose our lives or as they put it "time eats his children." Here is our stuckness; the more we rush, the less we achieve and the more the gifts of life elude us and become less and less obtainable. At the end we can rightfully say: "What was it all about? Was it worth all the discomforts and suffering? What did I achieve? Is there anything lasting?" Instead of experiencing the timeless dimension of presence, available

every moment, we try to create more and more time by incorporating “rush” into every aspect of our lives... hence we never find satisfaction because time is a false commodity.

**Sources of fear - Success Failure:**

Notice that we have replaced comfort, wisdom, love and satisfaction with addiction to the “adrenalin rush,” and the ever present quest for wealth. The pursuit of success gives the ego a sense of aliveness later to be replaced by the emptiness of death. The ego tries to run the body as a servant to its own masterful way.



The consequences are a life not lived... the adrenalin rush is an addictive attempt to cheat death and create immortality with a drug called success that is so fleeting that all the rewards it offers dissolve as we pass into the timeless presence, the real essence of our Being. Notice how much the messages of fear bombard us throughout the day as we try to achieve success.



**Source of Fear - Over Stimulation:** We have become used to running our bodies on high. We are bombarded with noise and visual stimulants. We hype ourselves up with gambling, shopping sprees, television and radio advertisements, fearful news, adventure, competition, uppers that stimulate sympathetic responses, thrills of immediate danger, horror films, roller coasters, cell phone and text messages, jet, car, motorcycle, and helicopter noise, apocalyptic sermons, and scary movies. More of the same... continual adrenalin rush, more and more to buy, more and more to own, new becomes old, old has no value. The price for this addiction is that we do not know the comfort of silence, the savor of stillness, and the wisdom of peacefulness.

### **Sources of Fear - Safety:**

In previous ages the church and priesthood gave people assurances that if they followed their guidance, prayed regularly, and gave alms to the poor they would have good lives and be assured of a happy afterlife. Now we have a modern priesthood called security advisors and security forces who assure us that we can

keep everything we have attained if we put them in charge of maintaining our safety. The wealthier we have become, the more we need their protection, and the more fearful our lives have become.



Our lives have become inundated with security messages of fear: "Don't talk to strangers, report suspicious activity, don't leave luggage or packages unattended;" customs questions: "What was your purpose in going there, show your ID, open the trunk and get out of the car;" identity warnings: "don't use your social security number online, your security program is about to expire." Security has to be sold with messages of fear... security is egocentric... There is no real security for the ego because it is a false identity whether individual, racial, cultural, or national. We are trying to maintain something that cannot possibly be maintained. That is why all ego forms: cities, nations, beliefs, civilizations, eventually disappear.

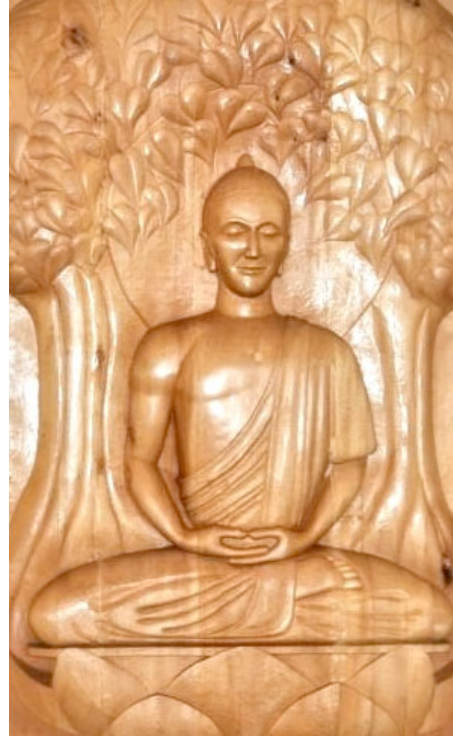


**Fear as Self-Medication:** Another way we keep fear as a stimulant in our lives is to control the amount of "edge" we prefer with medications. We take uppers to maintain the energy rush we want to activate our productive mindset. We take downers to keep the stimulated mindset from moving into full blown anxiety disorders. We use alcohol and other drugs as a temporary way to suppress the effects of uppers

and downers. We use pharmaceuticals to mask our symptoms so that we can keep functioning despite the fact that the body has not healed. We are continually bombarded with messages about what foods are safe to ingest along with warnings about what diets, supplements, and medications we need to incorporate in order to stay healthy, attractive, and virile. Underlying all of this information is the collective use of fear as a motivator.



**Fear Transforms in Presence:** Qualities of presence that dissolve fear are: knowledge, attention, love, touch, sharing presence, and somatic awareness. We can induce a state of presence in our clients awareness by bringing them into a state of somatic awareness and demonstrating the power of their own presence on the symptoms the ego has maintained to sustain its own identity, despite all the evidence to the contrary. The symptoms become doorways into the psyche. These are methods of meditation that open us to our true Self. With the addition of touch from a knowledgeable practitioner, clients can make great strides letting go of the habits and effects of using fear as a motivator in all aspects of our lives. Instead of remembering all of the things we're afraid of we can use our minds and bodies to remember this moment, each moment. To our ego centered awareness that sounds like a boring and unnatural enterprise. However it really results in coming fully into life that is not constrained by the fear of death, or loss of identity.



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