



Meeting Fear

By Margot Lynn Gedert

A friend asked me the other day how I avoid fear. My answer was, “I don’t.” Not anymore.

So often these days we hear phrases such as, “Choose love over fear.” “Don’t succumb to the fear.” “I need to silence my fear.” The accusation, “You’re just buying into the fear,” is cast at people in spiritual and secular communities alike. I’ve heard people stop themselves mid-sentence from expressing fear; believing that they would manifest more fear by merely speaking of it.

Fear of fear itself; I know it well. I used to do everything I could to avoid the feeling of fear, regarding it as the enemy. A lot of energy was spent trying to escape fear, including mental strategies, meditation techniques, affirmations, food, sex, alcohol, attempting to control people and circumstances, and even brazenly facing the fear head on so as to *conquer* and *silence* it. All so I didn’t have to *feel* it – that uncomfortable sensation in the body and all the stories of shame and failure that went with it. Blessedly, now that has changed.

Through the grace of my teachers it was discovered that the choice of love *over* fear is a false one. They are not separate; and by turning away from fear we are turning away from our own selves, away from our own life force, away from love itself. Instead of racing from the sensations we call fear, we have another choice: to turn towards what we have been avoiding. We have the choice to allow the fear fully; allow it to consume who we *think* we are and discover a deeper truth.

At one point in my life I was feeling the fear of losing someone I loved. The feelings in the body were painful, hard and tight, day after day, month after month. Stories arose, projections, “If I lose them, I won’t be OK.” The knots in the body tightened more. There was a sense that if I lost them, I would become untethered and fall off the planet. I would be lost and helpless; I would die. At the core, it was really a fear of death. The fear of annihilation.

These feelings were avoided by searching for purpose; for something or someone else to tether me to the planet, to create an identity strong enough to avoid feeling lost, helpless and out of control. Energy was spent trying to force the other into staying. Not because it was the right thing for them, but so I did not have to feel the immensity of the fear of annihilation; so I did not have to feel the intense, fiery trembling of being completely out of control. These strategies worked to a degree, but they required so much effort, so much outward movement, so much disconnection from what was actually arising, that they created more suffering. Something sacred within me was being ignored and abandoned. The one I loved was being abandoned, too, as all my focus and energy was consumed in avoidance.

Finally, the suffering got to be too much. It had to end – for me and the one I feared losing. One afternoon, I went out into the woods alone and lay down on a fallen log. I lay with this aching heart turned towards the sky and allowed the fear to come. I said yes to everything that arose; opening to the intense, fiery

**I went out into the woods alone
and lay down on a fallen log ... and
allowed the fear to come. I said yes
to everything that arose ... In that moment,
there was only a willingness to
lose everything ...**

rembling. When the sensation of falling off the planet surfaced, it was invited fully. There was no movement to hang on to anything, or to protect myself. In that moment, there was only a willingness to lose everything: to lose control, to fall off the planet, to die. Waves of energy washed through the body, then the sense of the body expanded out beyond the physical form – the boundaries disappeared. The heart felt endless. The sense of “me” dissolved into everything. The self exploded and merged with the sky, the sun, the moon, the stars, the earth, the air. Everything. Annihilation. Ahh.....Peace. Spacious stillness that is both empty and full.

After a few moments, there was awareness again of the edges of the body – where bones and flesh were resting on the log. The breeze and sunshine could be gloriously felt on the skin. The sense of “me” reformed, but not in the way it had been. Standing up from the fallen log, there was a feeling of permeability to the body. The heart felt open and the mind was quiet. Gazing around there was a deep sense of silent love radiating everywhere as everything, no separation. Everything perfect exactly as it was – even the loss of the one I loved.

Once the fear was fully met, ushering a direct experience of the truth beyond fear, it was clear: there is nothing to be afraid of, and no one to be afraid.

Now when fear arises, it is not avoided. It is recognized as the doorway in. It is the opportunity to tell the truth – that all form will die, life as we know it will disappear, and yet something remains: silent impermanence that is the enlivening force of every blade of grass, every rock, every log and every person.

This energy of fear now goes by different names if names need to be used – love, life, wisdom. If it is allowed fully, *fear is recognized as the grace that effortlessly lives this life*. Each movement, each thought, each emotion, each sensation arises from this, in this, as this. There is no separation.

There is no need to choose love over fear. All it takes is to be willing, truly willing, to meet fear completely. We do this by surrendering all concepts, ideas and philosophies of what it might be, and simply remain open to what arises, as we actually experience it fully. Only then can what shines at the core of fear be discovered in each one of us. ☺

Margot Lynn Gader met her teacher Gangqi over twenty years ago and has been living self-inquiry ever since. She serves as a Mentor with the Leda School of Shaking with Eli Jacob-Bear. She also practices as a Clinical Hypnotherapist. To find more information or contact her, go to www.MargotLynnGader.com.

✦ SAN JUAN GEMS ✦

**FEELING OVERWHELMED?
COME BROWSE AND
ENJOY THE ENERGY**

ALWAYS NEW ITEMS IN STOCK!

CRYSTALS, SPECIMENS,
UNIQUE GIFTS,
SUPPLES, BEADS & BOOKS



SANJUANGEMS.COM | 970.565.9854 | 11523 HWY 145, CORTEZ, CO



**STONEFISH
SUSHI & MORE**

970-565-9244

16 W MAIN CORTEZ