

Overcoming the Hypnosis of Fear



By Julian Rose | [Waking Times](#)

You are a Universal Being. Your body is just a vehicle for the manifestation of this Universal Being here on Earth. As a Universal Being your 'essence' lives forever. Start identifying your Self as a Universal Being, merged with the source of all existence. The more you live in this Self – the Real You – during this lifetime – the more seamless is the passage onwards at the time of passing.

Say:

"I am a spiritual entity and nothing can harm me, because 'I' am not this physical body which carries me through this third density existence experienced here on Earth. 'I' am soul, ether, spirit, plasma – and I chose to come back to planet

Earth and to be reborn into a human body in order to perform valuable tasks and help realign Earthly existence with Cosmic existence – and thereby create harmony and balance.”

Repeat this – and feel the fear fall away. Feel it dissolve like the sun-burned morning mist.

Fear is a state of mind. A cramped mind. Every part of it is alien to us save that useful bit that warns us not to do some crazy act – like jump over the edge of a cliff under the illusion that one will sprout wings and fly away into the blue horizon!

Yes, the ‘real you can fly. The ether/spirit you. But the physical you are a gravity respecting entity here on dear mother Earth. Respect this type of fear, for it is a God-given preservation instinct.

So, you are not convinced? You hold onto your fear because it seems ‘real’, doesn’t it? You quite like it, a sort of drug. After all every TV, newspaper, radio, and neighbor is telling you ‘to be afraid.’ It’s easier to give in than not to. There are so many things you need to fear, they say, so many that there is almost no room left for anything else to get you going in a positive direction.

We live in a culture of fear, imposed by those we elect and allow to manage our lives. Think about it – so determined are most of us to avoid taking true responsibility for our lives and the lives of other living beings that we allow our minds to say to us “OK, that’s fine, leave it to the politicians, bankers, and corporate board members to run our affairs for us.” Then we turn around and curse them for introducing a despotic top-down police-state agenda that makes misery out of our lives!

How foolish can one get?

All the while 'the elected ones' (by us) learn better and better how to manipulate those who elected them so that they can hold onto the power. They are addicted to power – and use it to make us addicted to fear. So we shrink, while they expand.

How very foolish so much of mankind is. Both parties, the purveyors of fear and the fearful, bogged down in a rail siding leading to nowhere. Both sides bogged down in a rail siding completely terminating our natural evolutionary instinct and putting in its place a state of perpetual self-imprisonment.

"Fear not!" said I, for anyone reading this is not heading for the end of the line or the gallows; is not busy constructing a hangman's noose to stick his/her neck in. Nobody reading this can suffer the delusion that to profit from worldly riches is superior to profit from the flow of Divine uplift. An ecstatic state comes from rejecting fear and ceasing to hide in the shadows of a frightened 'little me'.

This 'little me' is a hypnotized being who has convinced himself/herself that one can never step forward and take responsibility for one's destiny, or make a valuable contribution on the stage of life.

Out you go 'little me' – and stay out. No place for you in the unfolding age of Truth. For as has been said, You are not a cipher, You are a Divine eminence – and is that quality to hide away under a cloak of self impoverishment? Well, is it?

After what seems like an interminable pause, an answer emerges: 'NO'

And immediately, as if shot from a cannon, the Real You bursts upon the scene – soul-burden immeasurably lightened! Yes, I can see this Real You, right now, and I can tell you – you are an outstanding being with enough potential to single-handedly transform both yourself and your community into manifestations

of an age of instant enlightenment!

Yes, my friend, I'm not talking about someone else, it's you who is transformed. 'Little me', who was that? Never mind, gone forever.

Now you stand single, strong, proud, all traces of fear banished forever. Maybe for the first time, you are free, out of jail, ready to be intoxicated by the sweet scent of the wild rose, the symphonic triumph of the dawn chorus, the illustrious beauty of awakened nature calls you forth – rejoice in her and act in her defense!

Proudly step forward to defend her precious wealth of vital diversity, so cruelly sterilized by vampires wearing carefully pressed city suits and a fixed smile on their faces. They and their clan scared you once, didn't they? But no more, you now see the fake smile for exactly what it is.

You are metamorphosed and stand shining, a ray of the living sun. Use your new gifts well, my friend, millions need the support of your awakened powers to themselves be awakened and freed from the hypnosis of fear. These are the builders of the New Society which is our imperative to create – and no one else's.

About the Author

Julian Rose is an early pioneer and practitioner of UK organic farming; an entrepreneur and leader of projects to create self-sufficient communities based on local supply and demand; a teacher of holistic life approaches and the author of four books – one of which '[Creative Solutions to a World in Crisis](#)' lays-out detailed guidelines for the transformation of society into caring communities built upon ecological and spiritual awareness, justice and cooperation. See Julian's website for more information www.julianrose.info