

Bro. Vijayananda – “Living without Fear”

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When we come on the spiritual path, our desires change. The path is a journey. We can't return to our old way of life. We're still looking for something more meaningful and we continue to search for something more meaningful.

This earth is not our home. Until we go back to God, we have to struggle to attain our desires.

We have to go back to God. This is why meditation is the cornerstone. Calming the restless flow of the mind is the first step to calming our consciousness. As we practice, the body gets used to sitting in stillness. Then we can perceive the soul, the spirit. You know when you experience this – you know this is who you are.

Many people are living with fear, living under stressful world conditions. Conventional thinking and ways of being are being re-evaluated today. Life is more complex. It's not as simple as it used to be when you could say, “the only thing to fear is fear itself.”

Don't allow your fears, worry, stress or anxiety to prevent you from fulfilling your goals and dreams.

When you're trying to complete stuff, static (bad habits) comes in to disrupt your efforts.

There are legitimate fears and fear can be a constructive thing. Loving fear is constructive. It makes you conscious so you don't hurt others.

Fear that freezes our will is destructive.

We should act out of love and not out of fear. Love for God, not fear of punishment. God's nature is unconditional love. He loves us just the same. But with the law of karma, we reward or punish ourselves.

Children today fear for their own safety. The statistics are not encouraging. The fear in our society is all pervasive. We need to be aware of it.

Fear is a defense mechanism. A natural self-defense. A calm analysis of cause usually alleviates worry.

Sometimes the things we fear most are the things we attract to ourselves – the very things we're trying to avoid if we're fixated on our fears. When anxiety persists, you may create the very thing you are dreading.

Fear, itself, is a form of suffering. The mind can create circumstances.

We need to resurrect our minds from the consciousness of disease. For most people, the body rules the mind. But it should be the other way around. Don't paralyze your minds with fear, for it is the real cause of disease.

Be aware of how fear affects you. Sometimes it's subliminal. Consciously relax. Do an inventory of your body. When the immortal soul thinks it's mortal, fear is born.

No weapon can pierce the soul. ~ Gita

The body is simply the expression of the soul. Its experience is not affected by anything it experiences. The human soul is not affected by the dream experiences of life. When one awakens in God, one is safe and sound.

When we know God, we'll know all the answers to all the metaphysical questions on death and suffering. We may not understand fear, but we can reduce our susceptibility towards fear. Divert your mind from fear – break the grip fear has on your consciousness. Relax and reinvigorate.

Practice affirmations. Don't be discouraged by setbacks. Sometimes it's two steps forward and one step back. Take a worry fast.

Breathe deeply and relax. Calm the heart through the breath. Place your right hand next to the skin over your heart. In a circular motion, pull slowly to the right side of the chest with your hand firmly against your chest. Then lift and go to the left chest again to repeat. Mentally affirm: "Heavenly Father, I am free. Tune out this fear from my heart radio."

Cultivate a sense of fearlessness. It is faith in God's love, mercy, protection, omnipresence. Have a deep inner conviction that the Divine presence is within you. Meditation helps you to realize this.

You will realize there is a reason for your problems: to draw us back to God. Never admit that you cannot succeed. Keep trying. Face situations with courage and conviction. Do the best you can, then trustingly leave the results to God. But make the effort in meditation to withdraw the consciousness.

Cessation of fear comes with contact with God.