



SEARCHING WITHIN

A Nine Week Course

WEEK 5 EXERCISE

Study the Ego of Fear

By Beelzebub

For this week's exercise we are going to study the ego of fear.

Fear is a very paralysing ego; like other main egos it has many different aspects and they need to be observed in the different centres. There are many different manifestations of this ego, such as worries and anxiety, nervousness, feeling uncomfortable with meeting people, fright, etc.

Sometimes an aspect can be very stubborn and can stay quite a long time. Watch out for thoughts because they can play a big role in many aspects. Butterflies in the stomach are often triggered initially by thoughts for example.

Fear in some aspects is related to pride – in self image, feeling self conscious, getting hurt when you are not liked or rejected by people, being afraid to talk to strangers in social situations, etc.

It is worth pointing out that fear is very much related to the state of the overall energies, with transmutation, fear decreases because the internal energies are much stronger.

Fear has its use in the animal kingdom, but, like all other egos, the protection it gives in its raw animal state is superseded by the qualities gained from the inner work. Fear in humans gets distorted into many complex aspects due in no small part to the creative mind.

Spot as many of the different aspects of this ego as you can, observing not only any big outburst that may occur, but most importantly little manifestations of it. Spot the way that it makes you feel, the things that you say, how you think and act with it. The more you can observe and uncover the more you will be able to get yourself free of them.

Remember that you do need to see it precisely in the centres in which it manifests to understand it well.

Watch out for fear in your dreams too, without neglecting anything else that you see in your dreams such as other egos, whether you have been to any places, whether you had any teachings, or even had mystical experiences, etc.

Post observations, comments or questions about fear in the weekly forum.

Beelzebub