

# **ENDING FEAR**

## **The “7 R” Formula For Fearless Awakening**

**By Thomas R. Wakechild**

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## **CHAPTER 1: THE PROBLEM: YOUR THOUGHT SYSTEM**

### **INTRODUCTION**

The Goal: To Be Happy

The Problem: You can't be happy when you live in fear

Conclusion: To Be Happy, You Must Eliminate Fear

Solution: The "7 R" Formula is a blueprint to Living without Fear

### **FEAR AND HAPPINESS ARE MUTUALLY EXCLUSIVE**

For thousands of years, mankind has been asking the question, "How can I be happy?" Although we all want to be happy, true happiness has been a goal few have achieved. This is because most have failed to ask a more fundamental question. First, one must ask the question, "What is the I that seeks to be happy?" Without answering correctly the question, "What am I?" one cannot know what true happiness is.

You can only be happy when you are content with who you are and are living in alignment with your set of beliefs. To be truly happy, you must be free to decide for yourself what your identity as a person should be. Based on that decision, you then choose the principles by which your life will be guided so you can demonstrate congruency with that chosen self-identity. As life unfolds, you decide how to apply those principles in specific circumstances. From these experiences you give meaning to your life.

Happiness is the ability to live in harmony with those principles because you are demonstrating who you truly believe you are regardless of the consequences. Temporary or false happiness occurs when your actions align with false beliefs about yourself. True or lasting happiness can only be obtained when your actions align with the true reality of what you are. Because of this fact, it is paramount that you correctly define what you are. Without this correct knowledge, you will be searching for happiness where it can never be found. Knowledge is a rationally held belief that is supported by substantial evidence. Unfortunately, this means that what we call knowledge is not necessarily true. What was once believed to be common knowledge often is later relegated to the trash heap of common misperception.

Today, based on the discoveries of modern science, we have overwhelming evidence that what we perceive ourselves to be is wrong and outdated. In the fields of quantum mechanics, physics, psychology, sociology, neurology and brain sciences just to name a few, there is overwhelming evidence that our understanding of what we are is radically inaccurate. We are not just a material bag of flesh and bones confined within a body taking up space on planet earth. We are something much grander. We are a state of consciousness that generates a previously unknown energy field that has the ability to directly impact the subatomic particles that make up our physical world. We need to realize that as consciousness we are a processing plant for energy and information. The material universe that we observe with our physical senses is only one tiny aspect of reality. Yet, we have been taught to grossly overstate its importance and typically mistake it for the whole.

Our failure to update how we define ourselves based on this overwhelming evidence keeps us trapped within an obsolete thought system that dooms us to seek happiness where it can never be found. These erroneous beliefs have created a false narrative about reality. Society's old paradigm needs to be overthrown and a new thought system based upon the truth of what you are

must replace it. Only when you correctly identify who you are, can you find the lasting happiness and inner peace that you seek.

Because of our society's erroneous outdated beliefs about what you are, it focuses on the physical aspects of reality. Perceiving our reality to be our bodies, it teaches that fear keeps us safe. In reality, this belief actually robs us of any chance for true happiness or inner peace. It seems that all of humanity has been placed in a huge office building called FEAR. FEAR has numerous interconnected rooms, all guarded by locked doors. We have been given thousands of keys and told that each key will unlock only one door. Once unlocked, we can enter each room and search for happiness. We are led to believe that within one of these rooms, we will find the thing we lack to make us happy. We eagerly pick a door and try each key until we find the one key that works. We unlock the door only to find that happiness is not there. Instead, tossed on the floor is a scribbled note telling us to try another door. We try the doors to wealth, health, fame, power, sex, religion, alcohol, drugs and even spirituality. Yet, behind each door we only find disappointment. Some die trying but most give up and resign themselves to their disappointing fate. They reason that true happiness must be a fantasy and that things could be worse. They give up their dreams and accept the status quo. They question their meaningless lives and wonder why they even bothered to participate.

The belief that one can find happiness within a thought system based on fear is a hoax perpetrated on humanity. It wastes your time and energy. Since happiness and fear are mutually exclusive, you can never be happy when you live in fear. Within such a belief system, you are only allowed to manage the negative consequences that the thought system was designed to create. If happiness is your goal, you must learn to overthrow this socially indoctrinated thought system and replaced it with a thought system that can destroy fear, not just survive it. Only by ending fear can you achieve the lasting happiness and inner peace that you seek and deserve.

As a child, you were indoctrinated into society's fear-based thought system. You never consciously chose it nor does it support your happiness. Yet, it has become the default belief system that controls your thoughts, actions and self-identity. This thought system is built upon the belief in lack, limitation and fear. It encourages dependency and victim consciousness which is the antithesis of happiness. This is the mindset that the "7 R" Formula is designed to expose, overthrow and correct.

Fear arises anytime you believe you lack the creative power to handle a given situation. Whenever you fail to answer either of these two questions correctly, fear will arise. The first is: "What are you?" The second is: "What do you value and why?"

Society's constant brainwashing attempts to insure that you will never answer these two questions correctly. Rather than teach you how to think, your social upbringing tells you what to think. You are taught that there is something wrong with you and that you must earn what you lack to make you happy. Therefore, you live in constant fear of being judged as inadequate in failing to earn those rewards. These erroneous beliefs trap you into a thought system where happiness is no longer under your control. Unaware of this false indoctrination, you abdicate control over your identity and blindly accept a belief system that empowers your masters and harms you. This default belief system insures that you remain stuck in negative creation cycles that fear is designed to create.

The seven step process of Realize, Recognize, Relationships, Responsibility, Reinterpret, Revolt and Restructure allows you to break free from the world's negative creation cycles that short-circuit your happiness. Because beliefs are the limiting factors for experiences, this book combines psychological, sociological and scientific studies to support the "7 R" Formula. It

defines the real problem and provides the rationale that empowers you to overthrow society's fear-based thought system. Currently, most are oblivious to the fact that it is their own fear-based thought system that prevents them from achieving their goals and obtaining long-term happiness. Being unaware of the source of their problems, most remain powerless to change the negative creation cycles that keep them trapped in their fears. You need a mental enema to flush out the old default beliefs and establish new beliefs that support and empower the new you that you have consciously decided to become. The “7 R” Formula for Fearless Awakening provides a step by step process that empowers you to break free from your negative creation cycle, eliminate fear and regain control over your destiny.

As a child, I, like so many others, seemed trapped by my pre-programmed belief system. I lived in a fearful world with little hope and much despair. Yet, that has changed for me and for so many others and it can change for you. Join us in the movement to Fearless Awakening. You can do this! You have nothing to lose but your fear. So let us begin.

### **MY OWN WAKEUP CALL**

Our fundamental mistake is our failure to recognize that one can never escape fear within a thought system that was designed to create and perpetuate fear. When you do not understand that you have this problem, you have no reason to seek change. When you don't know what the problem is, you are at a loss as to how to fix it. Only when you realize that your thought system is the problem will you ever be able to proceed with confidence toward rectifying the situation. As a child, I had that problem.

For various reasons my childhood memories are few and far between. I have been taught some history about my early youth. I know where I went to school but as to actual specific “living experiences” those I cannot recall. For me, fifth grade is where my memory begins.

I was born and raised in Detroit, Michigan surrounded by thousands of homes and millions of people. Yet, I lived a rather isolated existence. I was the youngest of five, having one brother and three sisters. We, as a family, did not mingle with others and kept to ourselves. A few times a year, my family would visit my paternal grandmother who did not speak English. Every few years, we might also visit my mother's side of the family who lived in Indiana. Other people were not to come into our yard nor step on our grass.

As a child of twelve, I cannot remember ever having entered into a home of someone who was not a relative. I believe I attended only a half day of school until my fifth grade so I had little contact with my peers, outsiders or the Catholic nuns who were my teachers. Because of this, my self-image and beliefs were almost exclusively provided by my interaction with my family. My Catholic religion's belief in original sin, the devil and hell only solidified my indoctrination into the realization that there was something inherently wrong with me.

In my family, my father was known for his temper, foul language and his belt. Explosions could erupt at any time and beatings were frequent. The word LOVE was not in my family's vocabulary. As a child I don't ever remember being told by my parents that I or my siblings were loved. For me, it was a miserable life in which I felt terrorized whenever my father was around.

My world was not what a psychologist would call a preferred environment for the development of a healthy self-image. Although I was personally oblivious to the social implications of such a caustic environment, my defenseless mind was not. Instead, it acted like a sponge. My own self-identity in these formative years had been determined by outside negative forces, not by me. Now their story had become my “truth” and it was my job to live up to that negative identity.

And so, I learned that I was stupid, not good enough and certainly not lovable. I was not only a bad person but also the devil incarnate. But most of all, I learned that I was fortunate that my parents were still duty bound to take care of such a worthless piece of shit like me. These words may or may not have been directly spoken but that was the message I received. I hated my life but most of all I hated the world that I was sure hated me.

With that background we can now fast forward to an incident that occurred when I was about twelve.

In my school, students who attend all day were allowed to go home for lunch. Because of the distance involved, I always brought my own lunch. One day, a friend invited me to go to his home for lunch. When we arrived at his house, without asking anyone's permission, I was allowed to just walk in. I was surprised to find that his mother was home and that she was unperturbed by my unexpected arrival. There were no explosions. She was nice to me. She sat me at the kitchen table and offered to make a grilled cheese sandwich for me like it was no big deal.

As I look back at this event, it seemed so unreal. I was uncomfortable. I didn't know how to respond to her act of kindness. I could not comprehend why anyone would offer to feed me when they were under no obligation or duty. This was not how adults were supposed to behave towards children. Couldn't she see what I was? Why was she violating the rules of "proper adult conduct?"

When I came out of my initial shock, I refused her dubious offer, quickly ate my own lunch and immediately left. I never had the courage to enter Mrs. Barczewski's home again. The experience was too incomprehensible and strangely frightening.

As a child, I had no explanation for my fearful reaction to what most would see as a simple act of kindness and common decency. But it was not common from my point of view. Unbeknown to me, this event would become the catalyst for my own journey to fearless awakening.

Our thought system is designed to allow us to cope with our known world. Our minds are like computers. Our thought system is the operating program that processes all the incoming data for our minds. When data is incompatible with the programming, the data is either ignored or our mental computers shut down. This protects our current belief system and the stability of our perceived world. When I was faced with the possibility of embracing Mrs. Barczewski's alternate reality, I ran into fear. Her beliefs were contradictory to how my world was supposed to operate and so my thought system had no ability to process the event. The event challenged my own self-identity. Rather than entertain the possibility that my programming could be wrong, my mind froze and ceased to operate. This is what happens when fear overwhelms your current belief system. My childhood programming had already convinced me that I was a worthless piece of shit and who was I to challenge it!

Our experiences are how we interpret the conditions and circumstance that surround us. In Steps #3-5 of the "7 R" formula, we will be discussing the creation cycle and how we can change those experiences. In the above story, I had encountered someone who had a different set of beliefs and, therefore, did not react in the way I had expected based on my past adult encounters. My belief system was too underdeveloped and rigid to make sense of this apparent contradiction. I had no coping strategies to handle the unexpected and totally alien behavior of Mrs. Barczewski. Rather than entertain a different alternate reality that would support my happiness, my mind chose to argue for the correctness of my own negative self-image. That self-image had always brought me misery but was a source for stability in my world. I chose to remain

miserable, rather than question the ultimate reality of my belief system. The known negative status quo was preferable to an unknown alternative reality.

Throughout our lives, we all face similar traps. Rather than consciously choose beliefs that empower us, we choose to defend our own self-destructive beliefs about ourselves and our world. We argue for the rightness of our indoctrinated belief system at the cost of our happiness. We would rather cling to our claim to be right even when miserable and proven wrong than challenge our indoctrinated belief system. We fail to realize that our fear-based thought system is the problem. It keeps us trapped in fear and robs us of any chance for lasting happiness. You can never escape fear within a thought system that was designed to create and perpetuate fear in the first place. You must overthrow this early and pervasive brainwashing if you are ever to regain control over your self-identity and become the co-creator for your world.

I'm sure that if Mrs. Barczewski is still alive, she would not recall the event nor consider it of any significance. Yet, to a young boy living in Detroit, it was the dawning of hope and the first ray of sunlight. It was the first time that my egoic self-identity had been challenged by someone who had a positive opinion as to what I really was. What if my indoctrinated fear-based thought system was wrong and she was right?

This book is dedicated to all the Mrs. Barczewskis of the world.

To anyone who refuses to believe that you are a worthless piece of shit.

To those that uplift your spirit by treating you with respect, honor and love.

To those who provide the space for anyone to change and freely determine their own self-identity.

When someone believes in you, they hold open a door to a new possibility of what you can be. It is an opportunity to create an alternative path for yourself. It will always be your decision, your choice. My promise to you is to hold open that door that leads to a new life without fear.

You can do this. I hope I can be a Mrs. Barczewski for you.

## **A NEW BEGINNING**

In my work, I often encounter people who were just like me. My task is to help them understand that there is nothing wrong with them but there is something radically wrong with their plan. If they ever hope to change their lives for the better, they need a new operating system.

Insanity has been defined as doing the same thing over and over again and expecting different results. By now you should realize that if you have not found the joy, happiness and inner peace that you desire and deserve, maybe you have been looking where it cannot be found. You cannot find any lasting love, peace and happiness within a fear-based thought system. It is your thought system, not you or your neighbors that is the problem.

The "7 R" Formula for Fearless Awakening will provide the blueprint and tools needed to create a thought system that is not based on fear. You will learn your life's purpose, how the world of perception works, your role in the creation cycle, how to change this cycle and thus, eliminate fear at its source. This process will allow you to become the deliberate creator of your own self-identity. You will be able to start living authentically with that new self that you envision.

The "7 R" Formula for Fearless Awakening provides the framework that will point you in the right direction. It will supply the momentum needed to reshape your image of your world and yourself. Stress will decline as you begin living your life in alignment with that new self-identity.

You were made to soar and break free from the bondage of your fears. No longer will you be trapped or paralyzed by those fears. By correcting your default thought system you can obtain

the happiness and inner peace that will be the love that lights your world. It is your time to change your world and reshape your destiny.

## **OVERVIEW OF THE “7 R” FORMULA FOR FEARLESS AWAKENING**

The 7 R's represent the key words for implementing the seven step program for ending fear.

The 7 R's are:

- 1) REALIZE
- 2) RECOGNIZE
- 3) RELATIONSHIPS
- 4) RESPONSIBILITY
- 5) REINTERPRET or REFRAME
- 6) REVOLT
- 7) RESTRUCTURE

These seven key words will help trigger the appropriate response needed to stop fear in its tracks. These seven steps can be grouped into three categories.

The Realize and Recognize Steps deal with the why, who, where and when questions that must be addressed before you can hope to end fear in your life. You need to get the right answers to the questions of why you are here, what you are and why you should value anything. When you do not know what you are, you will place value on the worthless and ignore priceless wealth. The Realize and Recognize Steps will define the problem and actually supply the answer but it will not provide the process needed to get to that solution.

The real problem is that you want to be happy.

Yet, you cannot be happy when you are living in fear.

Therefore, you need to end fear.

So how do these first two step help?

The Realize and Recognize Steps not only clearly define the task before us but they also lay the ground work for the formation of a totally new thought system that is not based on fear. Without a different foundation upon which to build a totally new non-fear-based thought system, you can only hope to manage or mitigate the damages that fear brings.

You can never end fear within a thought system which was designed to create and perpetuate fear in the first place. You need a new plan. You need to overthrow the old and replace it with a new thought system.

The next three steps, Relationships, Responsibility and Reinterpret all deal with what I call the creation cycle. Life is the creation cycle. The creation cycle generates all your experiences. Whether you like it or not, you have a critical part to play in that cycle. Unfortunately, we have never been taught the rules of the game. We do not know how our experiences are created and, therefore, fail to utilize the tools that we have at our disposal to modify negative cycles.

Whether you believe beliefs create your experiences or experiences cause your beliefs, the fact is that you have already had plenty of both. You are already involved within numerous creation cycles so what came first is of no consequence. There is nothing to gain by arguing over what came first. Our beliefs have already been with us for a long time.

What you need to understand is your past beliefs and experiences have entrapped you within an ongoing cycle that can only be modified by changing your future experiences or beliefs. Without these changes, your future is doomed to be a replay of your past. Repeating the past is the meaning of the word CYCLE. Since you want a different future, you need to know how to manipulate this cycle to bring about change in your life.

The Relationships Step provides the rules of the game. You learn how the operating system of your physical world works.

The Responsibility Step clarifies what you can and can't do. It defines your rights and your limitations.

The Reinterpret or Reframe Step deals with the two parts of the creation cycle that allow and empower you to modify or break any current cycle. Without these new tools you would not be able to break free from the negative consequences that these creation cycles automatically bring. You would be stuck in a hopeless state of despair.

These first five steps provide the information needed to break free from your past but you still lack the skills needed to end fear.

The last two steps, Revolt and Restructure, provide the know how to end fear in your life. Revolt deals with the overthrow of your current fear-based thought system. Yet, before you revolt, it is wise to have some hope that there is a better way. Because of the first two steps in the "7 R" Formula, there is room for a possible new paradigm that is free from fear. But what would that new thought system entail and how do you implement it?

That problem is solved by the final step which is Restructure. Since your world is a world of perception and beliefs make perception, you need a set of new beliefs that will prevent past or new fears from arising. This Restructure Step will provide the rules that govern correct perception. With misperception gone, fear disappears and ultimately sets the stage for Fearless Awakening. A new day is upon your horizon.

## **TWO GROUPS: ONE PROBLEM**

Over the years, I have been fortunate to work with many people in their quest for happiness and inner peace. In that work, we always found that fear was the obstacle that needed to be managed or overcome to achieve the desired results. Except for my work with "lifers" in the United States penal system, all were free to pursue any path they chose in their elusive search for happiness.

I found that two diverse groups tended to seek my help. One group would be categorized as highly successful people who were basically happy and content. Yet, they still desired a more vibrant and lasting inner peace and happiness. There was something that had evaded them in some area of their life and they wanted my help to achieve it. Their peers would have viewed them as well adjusted, highly successful people who had their act together but they knew deep inside that this was not the full truth.

These individuals were proactive, competent and highly responsible. They held themselves to the highest standards and felt obligated to control, fix or protect others. They believed they had a duty to save their world. This group was receptive, a joy to work with and rapidly achieved their goals once we discovered the negative default beliefs that were sabotaging their progress.

The second group was just the opposite. This group perceived themselves to be powerless victims of outside forces beyond their control. They lived their lives in despair. Suffering from poor self-esteem, they were paralyzed by their own inaction. They were frozen in time, trapped in negative creation cycles. This group was fragile. They were a challenge as each member required a major mental enema but once self-responsibility was reestablished, they experienced quantum leaps in their lives.

The first group had learned to manage and control most of their fears. The second group had not. Yet, both suffered from the same problem. Unwanted fears were in control of some aspect of their lives. Their underlying beliefs about who they were or what they valued were embedded in

fear. Thus, they attempted only to manage their fears since elimination was assumed to be impossible. Throughout the day, fear would reappear in one form or another disrupting their happiness and inner peace. This led me to the realization that the one common denominator of these two opposite groups was their similar fear-based thought system. Their self-image and value systems were built around fear. Self-worth had to be earned and was externally derived. Both groups had accepted society's paradigm for fear. Each had chosen different coping strategies to handle the negative consequences of these fears. This explained the differing results. Yet, both had accepted the validity of the assumptions which gave rise to fear in the first place. Their early indoctrination into society's fear-based thought system may have been covered up but it was still operating in the background. It was their default beliefs that were sabotaging their inner peace and happiness anytime they dropped their guard.

As I continued to advise others, it became apparent that certain basic issues seemed to plague everyone. Whether they were highly successful or seriously troubled, they were all attempting to work within their current thought system. They all suffered from unconscious incompetence to varying degrees. Most realized they had a problem, but could not correctly identify the root cause of their specific problems. They all failed to go back far enough to question the original assumptions that had birthed their problems in the first place. If a client wanted to actually end fear in their life, certain core beliefs had to be uncovered and replaced.

It is your thought system that is generating all the fear you experience in your life. Once this is realized, it becomes obvious that you cannot eliminate fear within a thought system that was designed and built around fear, its creation and preservation. Thus, neither group could eliminate fear at its source.

The first group had developed coping strategies to manage the damage from their fears. But their quest for lasting peace of mind still remained unobtainable. Fear had to be eliminated at its source. Coping with fear requires great vigilance, discipline and skill. It is a tremendous drain on your energy reserves. It is an endless battle because fear is constantly being rejuvenated throughout your life by your default belief system.

The "7 R" Formula addresses fear at its source. It corrects your old default belief system. With a new paradigm in place, fear is no longer being created. Old battles with unwanted creation cycles can now be ended and permanently won. Energy levels are recovered. Now, lasting inner peace and happiness can be achieved.

## **MOVING THE RIG**

When looking for oil, people tend to place an oil rig in one location and continue to drill the hole deeper with the hopes that if they go deep enough, they may eventually hit a pocket of oil. Others play it safe and drill in the vicinity of an already proven field. This method tends to reduce the risk of total failure. Yet, the overall gain in new oil is rather minimal. The new well is merely siphoning off part of the proven reserves of the old well. Yet, if we look historically, we will find that most great oil fields are discovered not by drilling wider and deeper, but by pulling the rig and moving it to a totally different location.

If you are to escape fear, you must be willing to examine your fear-based belief system. If your belief system is based on fear, you can dig deeper and deeper in the field of fear and never escape from fear. Why?

Because you fail to move the rig to a different location, you insist on digging in the same old domain of fear yet are surprised when you rediscover fear. This is madness. What else would you expect to find?

Since you refuse to leave the field of fear, the mitigation and management of fear becomes your best case scenario for your life. In order to escape fear, you must be willing to explore a thought system that is not fear based. The “7 R” Formula for Fearless Awakening offers a new paradigm that allows you to shift from a fear-based thought system to one that is love-based.

## **WHAT PEOPLE ARE TAUGHT TO BELIEVE**

Before we are even born, we begin receiving information regarding ourselves and how our future brave new world will be perceived. Before our birth, our indoctrination into fear had already begun. It is programmed into our conscious and subconscious minds and becomes our default belief system that will govern our lives unless we make a conscious decision to change it.

These are the beliefs we are taught and assume to be the self-evident “truths” that govern our lives by default.

First, we believe that we have freely chosen our beliefs, thought system and own self-identity. These items were rationally determined by us based upon our personal experiences. They are correct and keep us safe from our fearful world. We accept that the operating system that we were indoctrinated into is a correct interpretation of reality. It is true and beyond question. It is that operating system that supplies the rules for our individual perception that becomes our perceived reality.

We believe that we are the victims of outside forces that are beyond our control. Our happiness comes from outside ourselves and our worth is determined by others.

We believe that there is something fundamentally wrong with mankind and, therefore, we need outside authorities and institutions to control these bad tendencies in ourselves and others. We have a duty to follow the guidance from these institutions because they are designed to protect and keep us safe against the evil forces inherent in the natural order. We surrender our freedom and self-determination in exchange for dependency and being accepted by the group. We think our decisions are based on rational and freely chosen beliefs and are not the product of indoctrination, group think or peer group pressures.

We value our claim to be right over our happiness. We believe we have a right and duty to judge, correct, reward and punish. We are taught that it is more important to fit in, do our duty and be accepted by the group than to be independent, self-reliant and free. Your self-worth is determined by outside forces and must be earned since it is not a universal birthright.

With these beliefs, it is easy to see why mankind would cling to their fear-based thought systems. If you hope to end fear in your lifetime, you need a complete mental enema to flush out those indoctrinated beliefs that keep you trapped in fear.

The “7 R” Formula for Fearless Awakening supplies the seven steps needed to redefine yourself, learn how to make the creation cycle work for you, overthrow old beliefs that no longer serve you and establish a new operating system that will support a new vision of yourself. If you discover that your beliefs about the future, your world, and who you are consistently leave you in fear, sanity requires that you look in another direction. You need to stop drilling in the field of fear and go somewhere else. You need to tell yourself that there must be a better way. The “7 R” Formula for Fearless Awakening offers an approach that not only allows you to control and manage your fears but end fear itself.

## **WINNERS AND LOSERS**

When fear is defeated everyone wins. The only losers are people that insist on manipulating others.

Society wants you to participate in its Blame, Shame and Guilt Game. Over the years, this weapon of control has proven to be a powerful and effective tool to disempower the individual and manipulate the masses. Blame, shame and guilt are all based on the concept that you have a duty and the power to make another happy. This is impossible. No one can make you happy nor can anyone rob you of your inner peace unless you allow it. Each alone is responsible for their happiness and inner peace.

If you question this, let me ask you this important question. How do you solve another person's problem when their problem is that they do not want their problem solved?

The answer is that you can't. If we hope to end fear, we all need to recognize this fact. Your happiness is internally generated. No one can force you to be happy. The power of interpretation is yours alone.

All individuals who value freedom, independence and self-responsibility win. Those who hate being manipulated against their will find a new power to resist the guilt-throwers of their world. Victim consciousness losses out to responsibility consciousness as people are asked to determine their own self-identity.

The elite power-brokers with their institutions designed to indoctrinate and control the masses lose power and are supplanted by the individual's right to decide and freely think for themselves. True individuality and creativity blossom as the artificial façade of superficial materiality and consumerism fades. Competition, stress and conflict decline as love, forgiveness and cooperation abound. Most of all, the "7 R" Formula gives you the opportunity to end fear. You reclaim your divine inheritance and freedom as creator of your own world of individuated perception. The outside world may or may not change but your capacity to remain calm in a world of seeming hate and fear will change. True freedom, inner peace and happiness will be your reward.

**FREEDOM IS THE CAPACITY OF EACH PERSON TO DECIDE WHAT THEIR IDENTITY AS A PERSON WILL BE BY DECIDING THE PRINCIPLES BY WHICH THEIR LIFE WILL BE GUIDED AND HOW THEY WILL CHOOSE TO APPLY THOSE PRINCIPLES IN SPECIFIC CIRCUMSTANCES OF CHOICE.**

## **CHAPTER 2: RECOGNIZING THE FUNDAMENTAL PROBLEM: YOUR THOUGHT SYSTEM**

### **WHAT HAPPENED TO YOUR JOY?**

After you were born, you peered out upon your world with a sense of wonderment, excitement and glee. But now, after years of living on this planet, you see a frightening world, full of conflict, pain and struggle. What happened to that childhood exuberance of your early youth? Why has it disappeared?

In early childhood, your world was an exciting place to interact with and explore. It was a place for great learning. You wanted to know and demonstrate what you are and discover what you were capable of becoming. Your mind was a sponge, absorbing all it could. Your mind was in overdrive with learning as its ultimate goal. You were curious and fearless in your exploration of the brave new world that lay before you.

When you fell down, you got up because you needed to get to where you wanted to be. Walking, not crawling was the fastest way to get there. Eventually walking was too slow so you mastered running. There was so much to learn and so much to do. Your world was an exciting place.

Now, that same world has lost its excitement and glow. We find it hard to get up in the morning. As parents, we attempt to child-proof our homes by placing special locks on cabinets. We stretch gates across doorways to prevent our fearless, curious toddlers from exploring their world. A paranoia of fear has swept over our society. Today, all adults are required to struggle opening child-proof bottles as part of the unintended consequence of guarding the safety of our children from their own inquisitive nature. Our society has judged its members as too stupid and irresponsible to do this on their own. Fear has become society's mantra. We are told that our fears keep us safe. Without a doubt, our society has taught us we live in a fear-based world.

The world that a child sees as their playschool designed for fun and learning, their fearful parents see as a dangerous place filled with potential messes that the parents may be forced to clean up. So we teach our children the most important words in a parent's vocabulary. All those negative words like NO, DON'T, CAN'T, BAD and BEHAVE. Slowly our children learn that their world is not a place for learning but rather for earning another's approval. The child is constantly being judged. Now, there is something wrong with them, love must be earned. The child needs to obey and comply with someone else's opinion as to who they are supposed to be. Outside forces and institutions are established and assigned the job of correcting, rewarding, punishing fixing, controlling and changing individual minds in the name of protecting the thought system of the given society or culture.

The child has lost the right to determine their own self-identity. They are told who and what they are to be or suffer the consequences. Quickly, the child's excitement and curiosity for self-discovery gives way to the fear and dread of being judged as inadequate or not good enough.

We are destined to be the masters of our own self-identity. We were originally born knowing that our purpose was to learn to be all that we could be. Learning was designed to be an interactive, fun and dynamic process. Instead of a means for growth and demonstrating one's own self-identity, society has transformed learning into an end in itself. The end goal of all fear-based learning is for members to conform by agreeing with the authority figure's predetermined answers and opinions of what each member should be. Anyone who disagrees is made to suffer the consequences.

In our judgmental society, earners, not learners, are valued and rewarded. Playing it safe and conforming to someone else's predetermined ideal of what you are supposed to be becomes your goal. You have surrendered your right to determine your own self-identity in exchange for something or someone's temporary approval.

This outcome cannot make you happy. It can only create more fear. By abandoning your right to determine your own self-identity, you have disempowered yourself and surrendered your right to control your own happiness. This result is a personal loss of freedom, independence and happiness based upon the mistaken belief that outside forces can make you happy. You get to claim that you are not responsible for your circumstances. Therefore, it is not your fault that you are unhappy and have lost your inner peace. This belief that outside forces can steal your inner peace, insures that fear will dominate your life.

Fear is viewed as a required element in any defense against these outside forces. Fear is your ally that keeps you safe. Fear and the negative consequences that fear automatically brings is now seen as a necessary evil that is to be controlled, managed and mitigated but never eliminated. With this mindset, you will remain trapped within a fear-based thought system where happiness can never be found. This fear-based thought system promises that you will be happy when something outside of you temporarily determines that you have earned their good favor. This is a recipe for disaster since you cannot be happy when you must rely upon outside forces to make you happy. This only keeps you trapped in fear.

The "7 R" Formula For Fearless Awakening will provide the answers and tools for the elimination of fear in your life. To live in fear is to not truly live.

## **FEAR AND CREATIVITY**

We began by asking the question, "What happened to that childhood exuberance of your early youth? Why has it disappeared?"

Most people would respond by declaring that ten, twenty or forty years of experience have taught them that their world is a fearful place in which competition, conflict and struggle dominate. It is a dog eat dog world as people scramble to steal the few crumbs that you have. Their experience in this lifetime has provided ample proof that this world is not a fun place. People are constantly judging you while looking for any vulnerability that they can exploit. Therefore, one needs to play it safe and not take too many chances for fear of being judged as inadequate or not good enough.

Yet, some, including myself, would argue that the question itself is fallacious. Based on my experiences, I can't remember ever having that childhood exuberance towards life. My early life was one of conflict, dread and pain. I hated the world that I was sure hated me. Every morning was a day that I did not want to get up. If you would have awakened me from a deep sleep and asked me what my goal in life was, I would have blurted out "not to come back here." I was suicidal and only the Catholic Church's teaching that suicide was a straight ticket to hell kept me alive. There was no reason to exchange my temporary hell for a permanent one.

So why do I make the claim that we are all born with a natural sense of wonder and curiosity to explore our world and our relationship to it?

We have lots of studies to prove this. Healthy babies are eager to explore how they can interact with their world. However, over time their natural curiosity and fearlessness start to wane. Psychological studies on creativity verify this point. Creativity has been acknowledged as the best indicator of future success. Creativity, not intelligence, is the central variable for

personal achievement. Creativity determines one's ability to adapt, cope and solve problems that arise from difficult or unusual conditions in our lives.

Fear arises anytime a person believes they lack the creative ability to handle a given situation. Thus, fear and creativity are inversely linked. The more creative power you believe you possess, the less likely you will find yourself in a situation you believe that you cannot handle.

Historically, the United States has been admired for its creativity. This has been attributed to various factors but the nature of the USA frontier with its emphasis on self-responsibility, individual freedom and respect for nonconformity rank high on the list. "American ingenuity" has made the USA the most inventive country in the world but recent studies indicate that American creativity has been in serious decline since the 1980's and continues to fall precipitously.

Torrance Tests of Creative Thinking (TTCT) are design to measure creativity. There is strong statistical evidence that correlate the childhood scores on the TTCT with subsequent adult real-world achievements. A recent research report by Kyung Hee Kim quantifies the continued decline in creativity among American children over the last few decades.

To quote Kyung Hee Kim, "The data indicates that children have become less imaginative, less expressive, less energetic, less talkative, less unconventional, less perceptive, less apt to connect seemingly irrelevant things, less synthesizing and less likely to view things from a different angle."

Children are losing their ability to think and reason for themselves and their creativity has suffered. Rather than learn how to think, they are being taught what to think. Kim's research indicates the biggest decline in creativity occurs between kindergarten and the third and fourth grades but continues to decline through twelfth grade. Kim and others refer to this as the "creativity crisis."

Why is this important?

It is important because your "fear gage" is directly related to your perceived creative ability. Anytime you believe that you lack the creative ability to handle a given situation, fear will raise its ugly head. What is even more alarming is that past studies on childhood creativity have been telling us this for years. Yet, these same studies continue to be ignored.

A child's creativity can first be tested around the age of four or five. When children are first tested in kindergarten, it is determined that 90% of the children are shown to be highly creative. Yet, when these same children are retested between third and fourth grade, only 10% are still highly creative. This is obviously not good. Something has gone terribly wrong but what has caused these numbers to totally reverse?

The one common denominator would be three years of schooling. These three years have been utilized to teach these children that they will be judged, need to conform and get the correct predetermined answer. Children quickly learn that it is not wise to take risks lest they be labeled as stupid or bad. Schooling is no longer seen as a fun process that provides the necessary experience and feedback so that each can learn and grow. Schools have become a place where the child's self-worth is graded based on their ability to conform.

Teachers and parents alike, often see some predetermined answer, not the learning opportunity, as what should be valued and prized. In three short years, an inquisitive learner has become a fearful earner attempting to gain someone else's approval. They have learned that their self-worth is not universally given but rather performance driven. Self-esteem plummets and fear rises as the need to be right and win someone else's approval becomes more important than the

child's own happiness. The child's indoctrination into society's fear-based thought system takes hold and rapidly becomes the child's own reality. The child's once bright exciting world has been transformed into a dark fearful place.

### **ALL RIVERS RUN SOUTH**

Here is a true story that illustrates why we are experiencing a creativity crisis in all areas of our lives.

One day I came home and was asked by my 8 year old son in what direction do rivers flow. I answered that it depended on the river. He informed me that his teacher said the correct answer was SOUTH and that when tested, he had gotten this question wrong. I replied that the teacher's answer was not true. Although the Mississippi river does flow south, the Nile flows north, the Amazon east and the Columbia west. Then he told me the rest of the story.

It seems that my 8 year old was in trouble at his school for arguing with his teacher. He had taken a test and had questioned his teacher as to why his answer was wrong. The test was a fill in the blank and the teacher had asked the question, "What direction do all rivers flow?"

He had answered DOWNHILL.

Of course, DOWNHILL was a correct answer and a most creative one. But it was not the predetermine answer that the teacher had demanded. She claimed SOUTH to be the proper answer. What was more amazing was that the teacher was obviously wrong yet still incapable of acknowledging any different answer. She was either ignorant of the facts or too stupid to recognize a brilliant answer when she encountered it. Probably the real reason was she, as an authority figure, did not want her answer questioned by anyone, let alone an 8 year old. I would have thought that his answer would have merited a gold star, not a trip to the principal's office.

This story illustrates what our children are up against in their battle to keep their creativity alive. They are under enormous pressure to conform, go with the flow and just fit in. Yet, in a much larger context, it demonstrates a basic problem that we all must face if our goal is to eliminate, not just manage fear in our lives.

When you think outside the box, question authority or seek to understand the truth, you are sent to the principal's office. As small children or grown adults, who are we to question the validity or correctness of our parents, authority figures, society, peer groups or the generally accepted group think that we encounter throughout our lives. And so as the days pass, we learn not to make waves while we are being secretly indoctrinated or more correctly brainwashed into the dominant beliefs and thought systems of our world, culture and society. We accept someone else's fear-based thought system and mistakenly believe it to be our own.

### **FEAR: THE SECRET PROBLEM THAT KEEPS ON GIVING**

We all desire to be happy. Yet, you cannot be happy if you live in fear. Happiness and fear are mutually exclusive. They are incompatible emotions. Yet happiness will always remain an unachievable goal as long as we follow a fear-based thought system. A fear-based thought system assumes happiness comes from outside of you. For example: It claims that you will be happy when you get a new car. Yet, even if you get the car and it momentarily does "make" you happy, you will have inherited a new fear. Now you will fear losing the car which you perceive to be the source of your happiness.

The truth is that you can never escape fear within a thought system whose stated purpose is the creation and maintenance of fear. The best one can hope for within such a thought system is to mitigate and manage the damages caused by that thought system. You will never be able to

eliminate all the damages since they are built into the system. Thus, new fears are automatically being regenerated by the thought system itself. When you follow a fear-based thought system, known and unknown fears will always be lurking in the background of your subconscious mind to reappear by default as soon as your conscious mind loses focus and lets its guard down.

Any thought system must first address two critical issues.

The first is how it chooses to define who or what you are.

The second is what the thought system will value and why.

How a thought system chooses to address these two issues will form the bedrock upon which the logic of that thought system will be based. Change the answer to either of these two questions and you will change the thought system. The value of any thought system is based upon its own internal logic. If the major and minor premises of the system are true, the logical conclusion drawn from them must also be true. Yet, the validity of the major or minor premise is normally assumed to be true rather than actually known to be true. Thus, if the assumption is false, the conclusion's validity is open to question.

When a thought system's major and minor premises are fear based, everything that follows within that system must leave the user trapped in fear. Remember, however, that core premises are often assumed true but not proven to be true. When followers believe that a thought system's core beliefs are true, they never stop to question them. Because of this failure to question the validity of the original premise, the followers are stuck with the logical effects of those same causative premises.

When the core belief of any thought system generates negative consequence, the best that a follower can do within that system is to carve out an exception to the general rule. Such exceptions require additional effort and constant vigilance of the part of the users.

For example

Major premise: I am not intelligent.

Minor premise: Good grades require intelligence

Conclusion: Therefore, I will not get good grades

If I never question the validity of the two premises, I must accept the negative conclusion. If I don't want those results, I need to carve out an exception to the general rule.

In this case, I might add an additional determining factor or exception

Additional Premise Exception: Unless I study hard.

New conclusion: If I study hard, I can get good grades.

Now I can get good grades but I must study hard. This requires added effort and constant diligence on my part or by default, my subconscious mind will automatically switch to the original program and I will once again get poor grades.

The basic problem that prevents the elimination of fears is our failure to recognize that our current thought system is fear based and, therefore, we never question the accuracy of the major and minor premises that generate our fears. We are stuck trying to mitigate the negative effects rather than address the basic assumptions that are the root causes of our fears. We don't know that we don't know that fear is not our friend. We are mistakenly taught that our fears are needed to keep us safe. This is not true.

## CHAPTER 3: BREAKING FREE FROM FEAR

### SCIENCE'S NEW WORLD

For millenniums, mankind operated under what philosophers call the axial model or metaphysical dualism. It was the idea that both the physical and the mental world existed. The problem was how these two worlds interacted with each other. We knew they seemed to interact as exemplified in man's own nature. Mankind has the ability of being both a participant in the physical world and also an observer with thinking qualities. The mental was often labeled as spirit, mind or soul.

As Rene Descartes famously stated, "I think therefore I am." Descartes said the first principle that we can know is that we exist because of our mental ability to think. We might be deceived in all other areas of our lives but our existence could not be doubted.

During the Enlightenment or Age of Reason, the scientific method was adopted which focused on the observable world. Things that could be tested and observed were studied. It was hoped that everything could be explained by the laws of physics and that the mental would also be explained by physical laws. With Isaac Newton's discovery of the laws of motion and gravitation, it was felt that it would only be a matter of time before we would have a Theory of Everything.

The twenty and twenty-first centuries have brought great advances in scientific knowledge on both the astronomical and quantum scale. Astrophysics and quantum mechanics explore both the large and the small. We also have had similar advances in what is called the Science of Mind. Yet, what is really surprising is that the more we seem to know, it becomes apparent that we don't know much!

Scientists now tell us that our physical senses are privy to only 0.01% of what is out there. This 0.01% is the visible universe which includes billions of galaxies. This means that 99.99% is unknown and possibly unknowable. Yet, we operate as if our senses can be relied upon to accurately interpret our world.

Scientists with all their instruments are not much better. They are confined to studying what is called ordinary or atomic matter which only makes up 5%. Scientists tell us that a full 95% of what is out there is currently unknowable. 25% of everything is comprised of dark matter and 70% is dark energy. The term DARK is used to reflect the fact that it is not observable, not to imply anything sinister about its nature. Yet, just because scientists can't observe it does not mean that it cannot have a profound effect on our reality.

It is interesting to note that what scientists are calling the Theory of Everything is actual a theory of only 5% of everything. Dark matter and dark energy are excluded from any theory because they are a great unknown. Therefore, scientists can only work on the 5% of the "everything" that can be studied and much of that still remains beyond their reach.

Any Theory of Everything takes on strange unknown proportions and properties that defy our common notion of reality. In String Theory, there are at least 11 dimensions and parallel universes exist. With M Theory, the number of dimensions keeps growing and big bangs are numerous.

Science has not been able to explain how the physical can produce the mental but they do know that the mental somehow has a direct impact on the physical. The laws of quantum mechanics tell us that everything is in a superimposed state. Yet, when consciousness is applied, with its power of observation, this superimposed state becomes fixed (Heisenberg Uncertainty

Principle). Schrodinger's Equation provides a physical law that always holds, except when we look. How does our looking override a physical law?

Quantum field theory and the standard model are forcing a radical revision of what we perceive reality to be. We now have a vast array of fields with endless possibilities that are in a constant state of flux rather than fixed things. Our consciousness seems to provide a focal point that determines what part of the field we will call into our awareness.

Space and time that we perceive to be our physical reality is not fixed but rather quite flexible. There are forces that seem to influence space and time. Consciousness is one of those forces. String theorists proclaim that whole galaxies exist because somewhere at some time an astronomer wanted to observe it. Consciousness seems to have some amazing powers that have defied explanation.

How we look at the universe has also changed. Scientists are realizing that the parts are all interconnected and that perhaps everything is actually a part of a larger whole or Oneness. Rather than separate autonomous entities, all may be part of an unobserved hologram as the Holographic Universe Theory suggests. Each part contains the whole and the whole is contained in each part. Different aspects of the whole may be displayed by a given part but all information for the creation of the whole is contained within that part. All parts are an integral and inseparable part of the whole.

This is what we see in nature. Your DNA has all the information needed to create the whole but each cell only turns on a portion of your DNA. Each cell is an indivisible part of you. You have trillions of cells that make up the oneness called you. Your true identity is found in the big picture that is the oneness of the whole. Your true identity is not determined by a part like your finger nail.

Scientists are beginning to realize that their attempts to discover how the physical produces consciousness may be an unsolvable problem. Instead, they need to look at how consciousness produces the physical. When they assume consciousness impacts the physical their unsolvable problem goes away.

Perhaps the secrets of consciousness lay in the 95% that is unobservable. Any true Theory of Everything must take into account consciousness, dark matter and dark energy. Scientific discoveries are leading to the revival of the axial model with the word CONSCIOUSNESS now replacing the old fashion terms of spirit, mind or even soul.

The Science of Mind has also led to some interesting conclusions. Freud realized that the conscious mind is just the tip of the iceberg. Our subconscious mind is coloring our beliefs, perception and projections. You are not your body but rather a stream of consciousness. As such, your mind is a powerhouse and has both causative and interpretive powers that affect your attitude and emotional state that give rise to your experiences. Holographic Mind Theory and neuroplasticity also demonstrate the interconnectedness and resourcefulness of consciousness. The Science of Mind knows we have thoughts but can't explain how the physical can cause the non-physical. Again, since we are consciousness, perhaps it is the other way around.

**CONSCIOUSNESS (as a noun) IS A STRUCTURE OF BELIEFS THROUGH WHICH ONE PROJECTS OR PROCESSES REALITY.**

This definition emphasizes that beliefs have both causative and interpretive powers. Consciousness is the birthing of individual perception. Events are neutral. It is your judgments that color an event as either good or bad that then become your experiences. What makes your life meaningful is your conscious decision to create your own self-identity and to live

authentically to that identity. You do this by demonstrating that self-proclaimed identity in the dimension of space-time.

We need a new thought system that is a reflection of the current and best theories that science can provide. Unfortunately our fear-based thought system has not been updated to reflect this understanding of consciousness' creative and interpretive powers.

The old paradigm states that our experiences create our beliefs. The new paradigm must reflect the causative power of our beliefs. The old makes you an effect of your surroundings. The new proclaims that you are a creative force for your own experiences. You are not your body but are a state of consciousness. You are not alone and separate but a part of a much larger whole. The old paradigm taught that your senses were objective lenses for reality. The new paradigm understands that you lack the big picture. The physical world does not produce consciousness. Instead, consciousness controls your relationship to the physical world. How you choose to interpret your world should be determined by your own free choice and not from dictates outside your mind.

I believe we have two lives. The first is the life we learn with. The second is the life we lead after we have learned.

Come with me on a journey of discovery. Learn how the world of perception actually works and your creative role in it. Once you have learned that your consciousness is a powerhouse that has both creative and interpretive powers that affect your attitudes and emotional state, you will be able to start leading that second life on your journey to Fearless Awakening.

## **THE RECURRING NIGHTMARE**

I too have had that first life that we all need in order to learn. Although it was not much fun, it was necessary if I was to reach that more fulfilling second life. As a child, I cannot remember going to bed without a sense of fear and dread. I had a recurring dream or more accurately, a recurring nightmare. I was sitting on the basement steps of my home when I witnessed a horrible crime being committed. Luckily, the criminal, who I knew to be extremely cruel, had not noticed my presence. I still had plenty of time to escape by simply going up the steps, locking the door and returning to the safety of my upstairs home. But, unfortunately for me, I seemed powerless to turn, climb the stairs and make good my escape. I was paralyzed by my fears.

Finally the crime was over. My twin sisters were dead. With the executions over, my father turned to leave the crime scene so that he would be free to murder again. As he turned, my father spotted me sitting on the steps. I still had plenty of time to make my escape. Yet, I remained frozen in fear. I tried to move but I remained glued to those steps. I tried to scream for help, yet nothing came out.

At first, his movements were slow, as if my father had thought I had not seen him. But when he saw me looking at him and attempting to scream, he signaled for me to keep quiet. Meekly, I obeyed.

Finally, he reached the stairs and quickly accelerated up them. I, still paralyzed by my fears, could do nothing to defend myself. My father was upon me and it was quickly over for me. I had been unable to get even a whimper out, let alone a scream. I had done nothing. Fear had immobilized me and rendered me incapable of responding to his evil actions. Then, I would wake up trembling in fear. Escaping from this fate has been my quest ever since. It was the lesson that I came here to learn.

Perceiving this world to be a living hell, I was always terrorized by the thought that when I died, I would have to come back to this earth and do it all over again. Therefore, I lived in a constant state of fear.

Fear of what?

Fear of not being good enough to ever escape the torment that seemed to be my lot in life. On earth, you were constantly being judged and made to feel unworthy, imperfect, not whole and very incomplete. This meant that you were also incapable of earning love. The universe was a cruel and loveless place. I was a victim of forces beyond my control. Everybody was out to get me and my major objective was not to be caught and punished. I was a more likely candidate for reform school or a psychiatric ward than for Fearless Awakening.

This nightmare is not mine alone. Rather it exemplifies the universal terror that we all share deep within our minds. It is the horror of being paralyzed by fear; the self-loathing of being unable to respond effectively to protect what we value and love. We have been indoctrinated to believe that there are outside forces that we are powerless to effect. In my case, I was aware of this belief on both the conscious and subconscious level. For many, unable to deal with this nightmare on a conscious level, their minds repress this terror and bury it deep within their subconscious minds. There it remains hidden ready to sabotage any opportunity for lasting happiness and inner peace. It is this shared terror that we all strive to overcome. It is time you decide to start living that second life. The life one gains when they have learned the lessons their earlier life was designed to teach. No longer is it acceptable to just seek happiness. Instead it is time that happiness be found.

## **SEVEN STEPS TO FREEDOM**

### **1) REALIZE**

The most important thing for anyone to know is to determine why they are here. Life does not supply the purpose or meaning to your life. Instead, you give life all the meaning that it has. If one is to examine his or her life, it is important to understand what your purpose is. Unfortunately, most have been brainwashed into believing that their purpose is to live up to someone else's expectations.

Realize that your purpose is to live up to your own expectations. You are here to determine your own self-identity and to be authentic towards it. Every day your life is a demonstration of your self-proclaimed identity, values and beliefs. Fear, in the form of stress, appears whenever your actions are in conflict with your true self-identity.

Since fear arises anytime you believe you lack the creative power to handle a given situation, it is important to realize what you truly are. You are not your body. The body is merely a game token needed to hold a place in space and time. You are a state of consciousness. As such, you are both a noun and a verb: a participant and an observer. You are creative energy. You are the force behind your world. Only when you define what you are correctly, can you properly understand the true value of anything.

Realizing how you define what you are is crucial in any quest to end fear. It is the key to your self-empowerment for ending fear. If you get that question wrong, everything that follows will keep you trapped in fear.

Realize you are not a victim in some devilish game of "What Am I?" Instead, you are here to become the designer of your own game of "I Am That." Your world is a reflection of you.

This realization will lead to the overthrowing of your fear-based thought system. The brainwashing will stop and you will reclaim control over your own mind.

Realize that now you have a choice. You can either be a cause or an effect.

Will you choose to be a victim or decide to become the proactive creator of your self-identity? The choice is yours. What will you proclaim to be your destiny?

## **2) RECOGNIZE**

Recognize that your beliefs determine your reality. Your world is one of perception, not reality. Psychologists confirm that your beliefs color your world. Thus, each person lives in their own private world of individuated perception. Your physical senses are merely thought confirmation devices designed to confirm your currently held set of beliefs.

Recognize that the dimension of space-time provides the medium upon which the game of “What Am I” is played out. In the dimension of space-time, you can be or imagine anything that you want. It is your playschool for fun and learning. You are here to take advantage of the many learning opportunities that the dimension of space-time provides.

Recognize that time is the measurement of change. Change is the catalyst for learning. In time, you create new experiences. These experiences generate feedback that provides new information for the modification of past beliefs. Without this feedback, the changes that learning can bring would be impossible.

Recognize that there is a struggle, not necessarily for your soul, but rather for ownership of your self-identity. Society and others are actively claiming ownership over your identity and pushing their agenda in an effort to control your mind. Society’s chief weapon for mind control is fear. Fear lies at the very root of their thought system. Blame, shame and guilt are used to exert pressure to force your compliance to your culture’s wishes.

It is important to recognize that this is a warring planet. Fear dominates our lives but this need not be so. Since your world is based upon perception, not reality, you can choose to live in this world of fear and still maintain your inner peace. You do not have to be trapped in the mass hysteria of fear that surrounds you. The “7 R” Formula will provide the framework to make this transformation possible.

## **3) RELATIONSHIPS**

Life is all about relationships. When you look back upon your life, you will not judge its success based upon the things you acquire. Rather the quality of your life will be judged based upon the relationships that you have cultivated.

Relationships will be the one thing of lasting value. People will not remember what you said and did but they will remember how you made them feel. The experiences that you shared and the learning lessons which were taught bring value to your life.

Yet, the most important relationship that you are here to explore is your relationship with creative energy. Life is creation. It is within the creation cycle that this energy is utilized. Without this energy, we would be powerless to effect change in our life. We would be an innocent victim of outside forces that were beyond our control. You are not a victim since you do possess a creative energy that can be utilized to impact your real life experiences. You do have the inert power to cause and shape those experiences. You are not a pawn in the game of life but an active participant.

In time and space, the creation cycle is the tool for learning. You have come here to learn how to become the deliberate creator of your own world. You are here to live authentically and

in true harmony with your inner self. Learning, not earning, is the goal of each creation cycle. The creation cycle is a process, not an end in itself.

This world is your playschool in which the abstract can experience the specific. It is where your current theory about who you are is tested under the adversity of fear. This world of fear is a proving ground for the game of “What Am I.” The creation cycle is your avenue to explore experiences to obtain the necessary feedback so that you can make mid-course corrections. Based upon this feedback, you can modify your theories about yourself and your world.

Whether you realize it or not, your world is a reflection of you. It is where the numerous, varied and ongoing creation cycles are played out to generate all your life’s experiences.

There are four elements that comprise the creation cycle. Beliefs and experiences are only two of those four elements. Since this world is a world of individuated perception, your beliefs and experiences reinforce each other. What you believe supplies the creative energy to generate confirming experiences. In turn, these confirming experiences strengthen your originating belief. Thus, your future becomes a replay of your past. The names may change but the underlying themes remain the same.

Because you fail to understand and utilize all four elements that comprise the creation cycle, you remain powerless to change your past beliefs and experiences. This failure results in the perpetuation of the ongoing cycle. Without change no additional learning can take place.

The two under-utilized and often ignored elements, feedback and action, will be covered. These two elements provide the impetus to break free from your past thus, creating new beliefs and experiences.

Unfortunately, you are not the only child playing in this sand box. Therefore, it is important to understand all your rights and limitations that rule the creation cycles. There are certain relationships that must be honored when you agree to play on this game board of time and space.

This brings us to the fourth step in the “7 R” process which is Responsibility.

#### **4) RESPONSIBILITY**

You have chosen to incarnate into a fearful world. To deny this fact, would be an example of your refusal to recognize that fear is the one impediment to your happiness and inner peace. You are not responsible for this fear-based world. But if you wish to become a player in the game of “What Am I,” you need a body. The body is merely your game token to hold your place on the game board of space-time.

It is the playschool of space-time that provides the opportunity for you to transform the game of “What Am I” into the game of “I Am That.” This transformation takes place when you accept 100% responsibility for your own self-identity. Now, space-time becomes the playschool for you to demonstrate in specific form through your experience what you claim to be and value. If dissatisfied with the feedback, time allows you to make mid-course corrections so that you still arrive at the proper destination. So enjoy the process, have fun and learn.

Although you are not responsible for this world of collective fears, you are responsible for how you choose to utilize your own creative energy while participating in the various creation cycles that envelop your world. The world’s fears are generated on a mass collective consciousness basis. Thus, you are not always responsible for all the circumstances and events in which you find yourself a participant.

You are however, 100% responsible for living authentically with the principle that you have chosen to embrace to guide your life. **EMOTION IS ENERGY IN MOTION.** You, as decision-maker, are always in control of how you utilize your creative powers It is how you choose to

apply your energy to all the various creation cycles that demonstrates to the world your current self-proclaimed identity.

Because you do not have control over all the circumstances surrounding an event, you do not always have total liberty of choice. Your choices will be limited and may all be bad options. Yet, you still control what you will decide. You always maintain the freedom to decide if you will live authentically to your values.

Our failure to understand our rights and limitations within the creation cycle makes us vulnerable to becoming participants in the world's "Blame, Shame and Guilt Game." This game is employed by most to manipulate other people's decisions on why and how their creative energy is to be used. When you fail to understand where your responsibilities begin and end, it is easy to become either a guilt catcher or thrower in society's manipulative game of blame, shame and guilt.

You are not responsible to make another happy nor are they responsible to you. Each alone is responsible for their happiness. No outside force can steal your inner peace unless you choose to allow them. If you let this happen, you are not a victim, you are the cause. Although you are not always responsible for all the events of the world, you are 100% responsible for the stories you tell about those events.

With that, we need to turn to the last segment in our overview of the creation cycle. This is step 5 in the "7 R" Formula for Fearless Awakening, Reinterpretation.

## **5) REINTERPRETATION OR REFRAME**

Because you are a state of individuated consciousness, not the game token we call a body, you have two roles to play within the creation cycle. You are both a participant and an observer. Once an event is over, your participatory role is completed. What you did is locked into the annals of time. Once performed, your actions cannot be taken back. In space-time, events actually did occur and are fixed and can be written in the book of history.

Yet, the creation cycle is not over. It now enters into the feedback stage. It is in this feedback stage that you, as the observer, give meaning to the event itself. Unlike the action stage, the meaning or purpose is always open to reinterpretation. Although you cannot change the events in history, you can always change the meaning that you chose to give to those events. Interpretations are always open to modification or totally new revisions. They are not set in stone. Because of this flexibility, new interpretations can lead to new beliefs. These new beliefs allow you to break free from history's past and create different creation cycles.

You can always find a new interpretation for any event that can help empower you to break free from a negative creation cycle. Perhaps the easiest way to justify reinterpretation is to change the purpose for the event. Because you, as the observer, give all the meaning that an event has for your own self-identity, you are in control. The event's meaning and purpose is in your domain.

When you change your mindset from being an earner to a learner, the event's purpose automatically shifts. The event becomes a process rather than an end in itself. You no longer are required to get a predetermined answer or be labeled a failure.

Thomas Edison was the most prolific inventor of his time. Yet, it took Edison over 7000 times before he succeeded in inventing the electric light bulb. After failing over 5000 times, a young reporter asked Edison why he did not admit defeat and give up since it was obvious that God had given man whale blubber and kerosene to light his world. Edison's response shocked the reporter. Edison said, "Young man, I have not failed over 5000 times to create the electric

light bulb. Instead, I have successfully identified over 5000 ways that will not work and that puts me over 5000 ways closer to the one that will.”

Edison constantly failed his way to success. He was always able to see some sign of success in the face of what others chose to call a failure. Become like Edison and adopt the attitude of a continuous learner.

You are the architect of your own self-identity. Take the feedback that the creation cycle provides as a learning opportunity for growth. Just because you cannot do something today, does not mean that you cannot obtain the skills needed to accomplish it tomorrow. It will require some effort on your part but aren't you tired of being sick and tired? You deserve to break free from your negative creation cycles.

Successful people value events for the learning opportunities they provide. What others consider failures, they perceive as important feedback and make mid-course corrections that lead to future triumphs.

There are three types of people in this world.

- 1) There are people that make things happen.
- 2) People who watch things happen.
- 3) People that say, “What happened?”

Which will you choose to be?

## **6) REVOLT**

Thomas S. Kuhn's *The Structure of Scientific Revolution* is the most referenced scholarly work of the 20th century. First published in 1962, Kuhn's book made such terms as paradigm and incommensurability part of academic discussions. In this book, Kuhn states that scientific revolutions come from paradigm shifts that force people to adopt completely new concepts in order to make sense of their world.

There is an unsolvable problem within the old accepted theory. Eventually someone questions the old theory and dares to look outside the generally accepted beliefs. Not trapped by past erroneous assumptions, this free thinker discovers a new theory that, if correct, will solve the mysterious problem. Although both theories can handle most of the known facts, they differ in one or more basic assumptions. This makes each theory incompatible with the other. From this incompatibility comes the word incommensurability. You must then choose between which theory you will follow.

Both theories provide reasonable explanations but only one provides an answer to that unsolved mystery. Rather than adopt the more comprehensive new theory, the old guard holds on to their past beliefs. They fight hard to maintain their power base and the new theory is only adopted as the old power structure dies off.

Some past examples of this phenomenon would be the question of the shape of the earth, Copernicus' heliocentric model, Newton's gravity, Einstein view that time was not fixed and quantum mechanics. When these new paradigms were entertained, there was an explosion of new ideas. Rather than a gradual change to the knowledge base, these paradigm shifts led to quantum leaps in knowledge.

Knowledge is now doubling every two years and still the pace is accelerating. Scientific knowledge has radically changed in our lifetimes. Yet, our society still pushes its centuries' old fear-based thought system.

This thought system is based on outdated information that the sciences have challenged or totally rejected. The hard sciences of physics, chemistry, biology, astronomy, physiology,

neurology and medicine have all had major breakthroughs, yet, our fear-based thought system remains in the Stone Age. The soft sciences of psychology, sociology, anthropology and ecology all have had multiple paradigm shifts and yet, we fail to update our understanding as to what we really are. Societies cling to their old fear-based thought systems never questioning the discredited assumptions upon which these systems are based. Fear has proven to be an excellent tool to control the masses and keep the individual subservient to the elite power brokers.

We will challenge those old assumptions based upon these new paradigms of science.

Society's fear-based thought system can never provide the happiness and inner peace that you seek. It only guarantees perpetual fear. It can produce nothing that you want. By correcting the brainwashing about your self-identity, you can catch up with these new scientific findings and debunk the core premises upon which fear is based. With that paradigm shift, the old fear-based thought system collapses into the rubbish heap where it belongs. Out of the ashes, a new thought system can arise that agrees with the new scientific data and redefines what you value and who you are.

The scientist and mathematician, Blaise Pascal, in what is now famously called "Pascal's Wager" stated. "If you have nothing to lose and everything to win by believing and nothing to win and everything to lose by not believing, then it makes sense to believe."

A non-fear-based thought system is possible but first you must decide if you are willing to challenge society's brainwashing. It really is a choice between possible happiness and guaranteed fear. Yet, before you make that choice, it would be helpful to know what might replace the old and how you can usher in the new. The final step in the "7 R Formula, Restructure, will provide that answer.

## **7) RESTRUCTURE**

In the introduction, I stated that you cannot be happy if you live in fear. Yet, it is also true that one cannot be happy if one is not free. A slave, who is given everything by his master, is still not happy. We value our ability to freely determine our own self-identity. Therefore, if one is to be happy, which is everyone's goal; your new thought system must not only eliminate fear but also protect individual freedom.

The Goal: You want to be happy.

The First Problem: You can't be happy when you live in fear

A Second Additional Problem: You can't be happy when you are not free.

Conclusion #1: To be happy, you must eliminate fear

Conclusion #2: To be happy, you must gain and maintain your freedom.

The solution must solve both problems. The "7 R" Formula which is a blueprint for living without fear is designed to do this.

Your fear-based thoughts are predicated upon the belief that you are either your body or after your bodily death you will be judged. Its minor premise is that you are not free and are a victim of outside forces beyond your control. Fate not yourself, controls your destiny. These premises are assumptions, not provable facts. To escape any fear-based thought system, you must deal with the validity of these assumptions. You need a new plan that calls for a different mindset based upon correct assumptions.

Science tells us that what we experience is actually our perceptions, not actual reality. Physiologists have proven that the body's physical reaction to both fear and excitement are the same. Thus, the real difference between fear and excitement is the judgment your mind chooses

to place on the stimulus. Both reactions are designed to draw your attention to the matter at hand. It is your mind's perception, not the stimulus that triggers the emotion you label as fear.

FEAR is False Evidence Appearing Real. Your perception needs to be corrected. This means that our definition of fear must be modified to address the mental aspects (your judgments) associated with the mind's emotional creation that we label as FEAR.

Since fear is a product of your mind's own perception, to eliminate fear requires correcting your own perception. Based upon the creation cycle, we know that your perception is the product of your beliefs. The restructuring process eliminates the fear-based beliefs that generate the false judgments placed upon your experiences.

The Twelve Pillars for Correct Perception will provide the basis for a new thought system that promises to protect your freedom and also end fear. You do not have to change the world but you must correct how you view your private world of individuated perception.

You need a new plan to correct your past indoctrination into society's fear-based thought system. This new plan must reverse the brainwashing about what you and your world are. When you correctly answer who you are, what you value changes. By understanding the creation cycle and applying the rules for correct perception, the elimination of fear is at hand. The "7 R" Formula can do this.

Come. Join the movement to Fearless Awakening. You can do this. It is your right and your destiny!

## **THE NEW VISION**

The reoccurring nightmare that had haunted me as a youth and kept me frozen in fear ended long ago. It has no hold over me. Instead, around 2004, I had a new and radically different vision that has been burnt into my consciousness.

I had been walking endlessly through a dark and deep forest. Finally, I came to a clearing. I suddenly realized it was not just a clearing but the actual end of the forest itself. There, before me was a vast plain. There was a wall that divided the plain into two separate halves. On my side, the land was parched and dry. On the other side, green fields seemed to stretch into infinity.

I approached the wall. It was thick, made of stone and too high for me to reach the top and pull myself over. I kept jumping up trying to scale the wall but the top remained just beyond my reach. I struggled to find a handhold that would give me the additional leverage that I needed to reach for the top. Finally, after many attempts, my bloody hands felt the top. I struggled to pull myself over the wall. Finally, success!

Exhausted, I laid resting on the wall while I caught my breath. The wall was about four feet thick so one could safely stand or lay upon it. The stillness was suddenly shattered by a voice coming from the other side below. It called out, telling me to jump down from the wall and claim my prize.

I stood up on the wall and looked over the lush landscape and admired my prize. The other person at the base of the wall was there to help me. He was an angel.

The angel exclaimed, "You've made it, you're home. Jump down and claim your prize."

I prepared myself for the jump that I had waited all my life to make. Nothing would hold me back! Yet, just before I jumped to the safety of the other side, I hesitated, paused for a moment and looked back upon the landscape that I had traversed over so many years in my endless quest for self-identity. There, in the distance, seemed to be some kind of movement. I strained my eyes. Could it possibly be that someone else was out there?

Finally, I realized there was another person attempting to escape from that same forest. I yelled at the top of my lungs. I waved my arms. Finally, he saw me. He started running towards me. The angel once again implored me to jump and save myself. I paused, uncertain as to what to do. Then a great calm came over me.

“No!” I said, “Someone else is coming. Let me help him scale this wall. It will only take a minute.”

As the young man approached, I once again laid flat on the wall with my hand outstretched. The young man grasped my hand and his weight almost pulled me down. After what seemed like an eternity in which my heaven or hell hung in the balance, I was able to pull him to the top. I implored him to jump down to save himself. He did not hesitate. He jumped down and he was home.

Once again I stood on the top of the wall and prepared to jump down and join my comrade. But before I jumped, I heard someone else cry out from the distance. Another person had made their way out of the forest. Once again I hesitated and then decided to resume my post on top of the wall. Again, the angel told me to jump and save myself.

“Just one more,” I said. I got down on that wall and pulled another person over. Before I could even get up, I saw another and yet another. They were now coming fast and furiously out of the woods. The angel was begging me to jump and save myself but I failed to heed his warning. I stubbornly refused. I just keep on repeating. “Just one more! Just one more!”

I had allowed myself to get caught up in the enthusiasm and drama of the moment. I was trying to help everyone over the wall assuming they were incapable of doing it themselves. I continued straddling this wall and pulling people over the top. Yet, I had forgotten that my goal had always been to get to the other side. I had wanted to come home.

Finally I felt a strong arm on my shoulder. I can still feel its grasp. It was the angel. He pulled me to my feet with one hand as if I were nothing. I was now standing face to face with the angel on top of the wall.

I told him, “Leave me alone. There are other people to help.”

Then the angel stepped back and physically turned me so that I could see down the length of the wall. There on the top of the wall that had been so empty before were hundreds of people lying flat helping others over the wall.

It seemed that some of the people that I had helped over the wall had also chosen to stop and joined in helping their brothers and sisters get home.

Next, I saw a man who had been standing on top of the wall being handed a sledgehammer. He started pounding on the top of the wall with that hammer. He pounded on the wall until finally a single stone gave way. Then another stone fell. Then someone else grabbed another sledgehammer and started working next to the first man, enlarging the opening in the wall.

Now the people at the bottom of the wall started clawing at the opening. They too began pulling the stones down. Finally, the wall had been breached. The opening reached all the way to the ground and the people just started pouring through the wall. And then, the angel took my hand and together we jumped down. My work was over and I was home.

That dream will remain forever etched in my mind. It is the vision of our future. It is a vision of our destiny.

Together, we can do this! You too have the power to eliminate fear from your life. Now is your time to achieve the inner peace and joy that is your destiny. Come! Join with us in the movement of Fearless Awakening. You owe it to yourself.

## **CHAPTER 4: OUR GREATEST OBSTACLE**

### **BECOMING LIKE SOCRATES**

#### **END OF SAMPLE**

### **ABOUT TOM WAKECHILD**

Tom Wakechild is a best-selling author, certified life optimization coach and mentor for Fearless Awakening. Tom understands that you can never escape fear within a thought system that was designed to create, maintain and perpetuate fear in the first place. To break free, you must overthrow the old and adopt a new plan. Tom has helped thousands to develop that new plan to overcome their deep seated fears while reclaiming their ability to become the proactive agent for change in their lives. Through his proven 7 Step Formula of Realize, Recognize, Relationships, Responsibility, Reinterpret, Revolt and Restructure, you too can learn to eliminate fear in your life. Grounded by his many years of owning and operating a successful business consulting firm, this formula allows you to break free from the world's negative creation cycles that short-circuit your happiness.

Tom's focus has always been on living all aspects of life in balance and alignment with his higher inner values and beliefs. When your actions align with your higher values, you maintain internal integrity with who you really are. This reduces the level of stress, fear and conflict you experience in life. Everything Tom teaches is practical and geared toward transforming your life today. As the best-selling author of A Course in Miracles For Dummies Series, Tom is known as a masterful teacher who can clarify the most difficult esoteric concepts. These concepts can then be understood, absorbed and implemented to transform the lives of his students and clients.

Our society teaches that fear keeps you safe while it actually robs you of any chance for true happiness and inner peace. To maintain power and control, our society brainwashed us as children into its fear-based thought system. It determines our identity and worth. Society utilizes this fear to impose a dependent and subservient mindset upon its members. Controlling these fears, rather than fulfilling one's destiny becomes our full-time job.

Tom's mission is to help over one million self-motivated people learn to control, manage and eliminate their fears so that they are empowered with a new creative mindset to live richer, fuller, happier, self-directed lives. Through his books, mentoring and on-line classes, this mission is rapidly being accomplished.

For more about Tom and his work visit his websites at:

[www.wakechild.com/](http://www.wakechild.com/)

<https://acourseinmiraclesfordummies.com/>

<https://endingfear.org>

## **ON-LINE CLASSES AND BOOKS BY TOM WAKECHILD**

### **Uncovering Your Default Beliefs**

On-line Class Description: What is actually running your life? Why do you keep repeating the same mistakes over and over again? What makes change seem so impossible?

This on-line class helps you uncover your personal default operating belief system that is secretly running the show. With that discovery, you will probe into those previously hidden beliefs. You will finally comprehend their devastating impact on your happiness and well-being. Until you understand the limitations of your current internal belief system, your future will be a replay of your past. Once uncovered, however, you can objectively look upon each belief and modify them as needed.

Each session will discuss one or more of the fundamental concepts that form the bedrock of your personal operating belief system. Exercises will also be provided. We will challenge both the validity and the natural consequence of your current belief system. Alternative beliefs will be provided that can generate alternate realities. Only when you realize that your current beliefs no longer serve you, will you finally decide to change them.

Thoughts, raised to the level of beliefs, become things. They are the forerunners of your tomorrows. Your beliefs are the governing factors of your life. Your beliefs determine your perception. Your perception determines your experiences. Rather than change your world, you will learn how to change how you view your world. When you change how you view your world, your world will automatically realign to your new viewpoint. Learn how to reclaim your power as the decision-maker in your own life. Stop arguing for your limitations. Instead, choose differently. Become the agent for the change that you seek in your life. This class will help you unlock your true potential and reclaim your true identity and destiny.

### **Decoding and Living a Course in Miracles: A 12 Session Workbook**

Book and On-line Class Description: If your spirituality cannot bring joy, peace and happiness into your life today, what good is it? Learn how to handle life's events without sacrificing your spiritual values or losing your inner peace. Life does not have to be a struggle. This book unlocks the secrets of A Course in Miracles so you can live your life in internal integrity and escape the blame, shame and guilt game that dominates our world.

This twelve session program provides a comprehensive study guide that familiarizes the reader with the main principles, terms and concepts that are encountered in A Course In Miracles. These materials instruct and teach the core ACIM principles in a systematic, logical, and easy to follow order without you deciphering the ACIM Text. Both newcomers and long time students agree that this book builds a solid foundation for both the practical implementation of the principles and any ongoing study of the ACIM Text.

These materials are appropriate for both individual and group studies of A Course in Miracles. No previous knowledge of ACIM is required. This book can be used as a stand-alone program or part of an on-line class. Additional support materials for this course are available on Tom's website.

### **A Course In Miracles For Dummies**

Book Description: The text of A Course in Miracles (ACIM) is difficult and mystifying for most readers. Both teachers and students struggle for many years with little success in unlocking the secrets to understanding this Course. They often abandon their studies and end up confused

and discouraged. This ACIM for Dummies Series cuts through the mystery of the Course's esoteric text and makes Jesus' message understandable to the ordinary reader. ACIM uses a unique terminology that references two different levels of being that are dominated by two opposing thought systems. This book demystifies the text by replacing the pronouns and unclear references with their meanings and clarifies the appropriate level associated with each passage.

All antecedent references made to ACIM's second edition are clearly noted in bold print for easy reference to the original text. Each text paragraph is then followed by an explanatory note to assist the reader in their own interpretation of the paragraph. These notes are designed to foster discussion and clarity, not to limit ideas and prevent individual interpretation. As such, ACIM for Dummies can be utilized as either a primary or secondary text for independent or group study. ACIM for Dummies is an excellent reference tool for those who seek a deeper level of understanding of the Course teachings.

The complete digital edition of A Course in Miracles for Dummies covers the entire ACIM text which consists of 31 chapters. Due to its length and printing restrictions, it is published and must be sold as two separate paperback volumes. Volume I covers Chapters #1-15 of ACIM's text. Volume II covers Chapters #16-31 of ACIM's text.

Note: A Course In Miracles Workbook For Dummies is a companion in this series and covers the 365 daily lessons found in the ACIM Workbook for Students

### **A Course In Miracles Workbook For Dummies**

Book Description: This book is part of the ACIM For Dummies series and covers the ACIM Workbook For Students. All of the 365 daily workbook lessons from A Course In Miracles are covered in detail by this book. Each lesson utilizes the "Dummies format" that replaces unclear references and pronouns with their proper antecedents. Any substitutions are clearly shown in bold print for easy reference to the original workbook.

Each lesson is then followed by an explanatory note to aid in your understanding and implementation of the exercise. In this modified format, these lessons become the vehicle for ending the blame, shame and guilt games that once dominated your life. The richness of these lessons now becomes apparent, understandable but more importantly, practical. You now have the tools you need to be the agent for change in your life. You no longer have any excuse not to complete these exercises and gain the insight that they provide.

This book's focus is on you. Therefore, it provides the numerous tools you need to help uncover the blocks that are preventing the flow of love into your daily life. By completing the workbook lessons, your heart will be open through an experiential learning process. This knowing will allow you to automatically begin implementing the principles of ACIM into your daily life.

Note: A Course In Miracles for Dummies is a companion in this series and covers the entire ACIM Text of 31 chapters.

### **Ending Fear: The "7 R" Formula for Fearless Awakening**

Book Description: You can never escape fear within a thought system whose sole purpose is to create, maintain and perpetuate fear in the first place. To end fear, you must revolt against this past brainwashing. The "7 R" Formula for Fearless Awakening provides the why and how steps to break free from those indoctrinated fears. It gives you permission to challenge the unchallengeable.

Our society teaches that fear keeps you safe while actually, it robs you of any chance for true happiness and inner peace. To maintain power and control, society indoctrinates its children into its fear-based thought system. It determines your identity and worth. Fear is utilized to impose a dependent and subservient mindset upon its members. Controlling these fears becomes your full-time job. Fear arises anytime you believe you lack the creative power to handle a given situation. Whenever you fail to answer either of these two questions correctly, fear will arise. The first is, What are you? The second is, What do you value and why?

Society's constant brainwashing insures that you will never answer these questions correctly. Rather than teach you how to think, it tells you what to think. Unaware of this indoctrination, you abdicate control over your identity and blindly accept a belief system that empowers your masters and hurts you.

The seven steps of Realize, Recognize, Relationships, Responsibility, Reinterpret, Revolt and Restructure allow you to break free from the world's negative creation cycles that short-circuit your happiness. Because beliefs are the limiting factors for experiences, this book combines psychological, sociological and scientific studies to support the "7 R" Formula. It defines the real problem and provides the rational to empower individuals to overthrow society's fear-based thought system.

This book approaches big ideas in simple, logical yet unusual ways. It challenges commonly held indoctrinated beliefs while exposing fatal flaws in our thought systems. Those fundamental errors disempower, insure dependency and fear while secretly undermining your happiness and inner peace. You have within you the power to reclaim your true identity and determine what principles will guide your life in the future but you need a new plan. With the "7R" Formula you can achieve the happiness and inner peace that you seek and deserve. . This book will help you become the deliberate creator of the new you that has been hidden within you, waiting to emerge.