

## Mindfulness with Lucy

Week of 21 Nov 2022: It's time to stop being afraid of who you truly are

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Image from [Davide Canteli](#)

*We generate fears while we sit.  
We overcome them with action*  
HENRY LINK

### Dearest friends

As some of you would know, I am in Malaysia with family. I was asked to come here rather suddenly as, in rather extraordinary circumstances, three of my brothers had serious medical conditions. One of them has, sadly, passed. We are however

comforted by the acknowledgement that he is free from his worldly/bodymind concerns. The other two are improving in important and essential ways, and yet...

This 'yet' is what I'd like to focus on in my email to you this week.

Friends, as you might have guessed from my previous emails, I am a student of A Course In Miracles (ACIM) and have been for several years. I work with it everyday as part of my morning routine. It continues to teach, inspire, console, enthuse, startle (in a remarkably pleasant way) and confirm what I intuitively sense. It is a marvellous discipline to practice. There are many, many 'truth bombs' that the Course directs us to. One of them is this:

*Fear is not real*

Now, I can well imagine your reaction as you read that:

*Fear is not real??? Which planet are you and whoever wrote the Course on? Definitely not on planet Earth!*

My dear friends, I am definitely *on* planet Earth but, as Jesus said of himself, reflecting what is indeed true of all of us, **I am not of this planet.** So was the scribe of the Course, Helen Suchmann.

So, fear is not real. How could that be even remotely true?

To answer this question, I would have to lay the ground work with some principles. I like to think of them as **first principles**, meaning they are the ground, the basis, the rationale, for all ensuing statements and assertions. Here they are:

1. The human mind is a conditioned mind, conditioned by perception through the five senses and itself. To this extent, what it claims to know is subjective, relative to a number of things including our beliefs, attitudes and past experiences. (You only have to ask any 2 people how they feel or think about themselves or each other. You can expect that they will not give you identical or even similar responses)

2. One of the strongest, most compelling perceptions that the human mind is conditioned by is the sense of separation. Each person sees her/himself as a discrete entity, separated from every one and every thing else. This sense of separation (described as the 'fall' in the story of Adam and Eve) is the underlying cause of every form of suffering which is always held within us as fear but which re-configures itself in a plethora of emotional states that we label as anxiety, restlessness, unworthiness, depression, guilt, loneliness, purposelessness, disease and so on.
3. The organizing principle of all of Life which many know as God or Truth or Love or Allah or Yahweh or the Great Spirit or the Tao is incapable of creating anything that does not reflect its own nature. Fear is one of those things. Contrary to popular assumption, God did not, can not, and does not create fear.
4. Fear is the absence of Love. In other words, fear is not created but merely an effect of an absence. What is not created cannot be, and is not, real.

Alright, so those are the key, underlying principles upon which reality is based. You cannot come to these principles through any kind of logic although there is a logic in their implications. You can only come to them, *know* them, if you like, directly, intuitively, unmediated by thought or perception.

So, if fear is not real, what is it that we so frequently, and I would suggest, are in a constant state of, for as long as we are not present?

What is it that we experience when, for instance, we notice symptoms in our bodymind that depart from our 'normal' condition?

What is it that we experience when we lose our job or a loved one?

What is it that we experience when we consider making a much-needed change in our life?

What is it that we experience when we make a mistake?

What is it that we experience when we hear some tragic news?

Yes, we have a multitude of words to describe our experiences, our emotions and our conditions but they all arise from one thing and one thing only:

*The absence of Love*

Or to put it more accurately, the **perceived** absence of Love.

You see, Love is the ultimate and only reality. No, not the thing we call 'love' which is conditional and transactional, which can be given and received, which can be withdrawn, which can hurt, which can complete, which can die... NO. Not that, though we do use the same word for it.

The Love that I am referring to is our very reality. That which cannot be conditioned and is itself unconditional.

That which was never born and cannot die.

That which is never fearful.

That which is boundless.

That which is infinite in its potential.

That which brings everything into being i.e. everything real.

When we lay aside our perceptions and allow ourselves to be in the presence of all that is i.e. in Love, we do not experience fear or any of its derivatives. Love is incapable of creating anything unreal, and fear, being the absence of Love, is uncreated and therefore unreal.

**So, what is the practical application of this understanding and this experienced reality?**

When you know that something is not real, would you be willing to invest in it or continue to invest in it? If you do, then you're only deluding yourself.

On the other hand, if you realize that what you're investing in is unreal, then, even though you might feel quite intensely, the

absence of Love i.e. fear, you might with practice, re - mind (literally) yourself that you are in some way blocking the light of Love, the flow of Love. **Such a realization, an awareness, is itself the unblocking and the allowing of Love.** Nothing more is needed to allow the flow of Love.

This is a distinct and critical difference between this 'spiritual' (or metaphysical) approach to handling our fears and the conventional, psychological approach which keeps us entrenched in the illusion of a separated self. As long as we are imprisoned in this illusion, we will be fearful.

The spiritual approach recognizes that our psychological self, our separated self is unreal. The Ego is unreal. It was never created because it was never created out of Love which is the only reality. It is a falsehood appearing 'real'.

So, rather than sit and generate fears in our mind and then proceed to overcome them through action (!), we look for the way that addresses the **actual cause of all fear** - *the conditioned mind and its perceived sense of separation.*

Dear friends, there is much more that can be said to help us understand this better but an email is not the format to do it in. However, if you are interested in learning more about this and more importantly, in *experiencing this truth for yourself*, I suggest two things:

- Come to our meditation practice where we make a conscious attempt to enter into the real
- Contact me to begin a mentoring journey with me where I guide you step by step in the journey of awareness, of awakening

Will this mean you will never experience fear again? No. But you will be less afraid of experiencing it and you will most certainly experience it less and less!

Before I finish, let me get back to my family and the provisional 'yet' I used in relation to my brothers' progress.

As Catholics, there is a great deal of religious dedication, attendance to religious rituals and obligations and a strong belief that God judges, tests and punishes.

This belief/heresy can only be possible if God is personalized and perceived as a human being with superhuman powers. But God is not this and does none of the things we like to blame and fear God for.

God is not some thing or some one that we can point at and pin down and define. God is Love and God is Truth and God is our only and ultimate reality AND we are not separated from God. These are not definitions of God but rather inadequate pointers to the nature of that which is REAL.

We are God-ness itself. That is our ultimate reality. Our Buddha nature. Our Christ nature. Our Tao.

Let us be bold, be truth-full and assume our God-ness, our Love-ness, our Truth-ness. It's what we are and it's time we stopped being afraid of who and what we truly are!

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Tuesdays 6pm and Thursdays 11am Brisbane AEST time

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***Contemplate***

*Love is the only rational act of Life*

STEFAN LEVINE

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***Pause. Take a deep breath...***

What can you appreciate right now that is either of direct and personal benefit to you or that is of no apparent personal benefit to you? In truth, everything benefits us as we are all in a web of interconnectedness!

*Right now...I am appreciating the godness of the people that I think of...*

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***Prayer for the World***

If I am not standing in Truth which is Love, taking action in Truth which is Love, what am I standing in? What am I acting in/from? My conditioned mind perceives things, not as they are but as it has learned to see them. It perceives things through the lens of separation and such a lens blocks Love. It is this perceived absence of Love that I experience and call fear. Love, on the other hand, is all-encompassing, all -knowing, all-powerful and all-possible. Today, I take charge of my mind and allow it to rest in my natural God-ness, my innate Love-ness, my undeniable Truth-ness. Today, I remove the lens of separation by being present and so experience my true, loving, powerful and possible nature. And in doing so, I remove the block of separation between me and the rest of the world. I remove fear from my relationship with the world.

**You are loved. You matter.  
Life recreates you moment by moment!**



**If you'd like to find out about working with me in a Mentoring program, in Self-Awareness and Empowerment workshops, or would simply like to receive my weekly emails, please contact me [HERE](#).**

This weekly message was produced by Lucy at  
[getenlightenedtoday.com](http://getenlightenedtoday.com)