



## *The Practice for Liberating Fear*

This potent practice of Liberation was part of a longer article. If you have not already read it, please do so now as it will attune you to the intention and energy of this practice. Here is a link to that article:

[http://www.markokita.com/uploads/5/7/9/1/57912539/musings\\_2023\\_january\\_21\\_revelation.pdf](http://www.markokita.com/uploads/5/7/9/1/57912539/musings_2023_january_21_revelation.pdf)

Contemplate each of the truths below, until you feel some kind of inner shift or recognition before going on to the next. Then do the practice at the end exactly as described. If you do this consistently every day for a few weeks, you will experience a significant change in inner and outer freedom. Do it for a few months, and your experience of self and the world will be completely transformed. Do it for a few years along with an uncompromising willingness to be self-aware and you will Realize Liberation, or at least be at its very threshold.

### **1. The Only Way To Love**

Now that you have a deeper appreciation of the prevalence and effects of fear in your life and the world, realize that releasing fear will permanently free you (in gradual increments) from suffering, as well as bestow upon humanity the highest blessing possible. This Blessing can only occur within you. There is *no other way* to shift from fear to Love.

***“I AM willing to dedicate myself to release the fear within. I claim the Truth that I AM a Being of Love, and bestow this Love upon all of humanity,”***

## **2. Fear Is Not the Enemy**

This step is counterintuitive but essential. Fear may be the underlying cause for all strife but the *physical experience* of it is not the enemy. There is a difference between *clearly seeing the effects of fear* and judging it as bad. This difference may seem like splitting hairs, but how you perceive fear will determine the degree to which it is actually released. Failure to make this distinction is why many dedicated spiritual seekers have been unable to release fear, because they are unknowingly reinforcing it by making it something bad to fight against.

***“I AM allowing the release of all fear through my firmly remaining surrendered to Love (God)”***

## **3. Feeling Fear Is Not the Problem**

Now, consider this honestly and freshly: How bad is the bodily experience of fear, really? Is it not fascinating how someone may be insulted and respond by hitting or harming the other person? Did the mere sound of words actually cause physical harm? Did the words affect the cells of the body? They did not. It only seems that way because of *programmed reactions*. This dynamic is difficult to see because programmed reactions to fear are so pervasive and deeply conditioned.

***The foundation of programing is usually intensely negative thoughts, images and beliefs that have become unconscious, and now rule your feelings, thoughts and behavior***

There is absolutely no direct physiological link between fear and violence, overthinking or the fight or flight response . . . except what has been programmed into you. This programming is released when you fully feel the inner body sensations without attributing it to anything or anyone.

***“I AM noticing the difference between inner feelings and my reaction to it”***

## **4. Programmed Reactions**

Fear as a body sensation is not a problem. It is the serving of it through action, thought and belief that causes strife. Consider how people do wild things out of

fear – attack others, harm themselves, have all sorts of tantrums, act rashly, succumb to addictions, make poor decisions and become extremely tense.

Programmed reactions are what blocks the release of fear energy. It adds to the already dammed up energy, reinforces the blockage, creates more tension and further feeds the programming. Thus, the fear cycle continues and escalates.

***Programming is dissolved through your recognizing that you have the ability to choose differently***

When you are experiencing fear, the world seems like a dangerous or barren place, people seem threatening or cold and there is no joy or freedom. Your beliefs about yourself, others and the world become negatively affected. Your mind goes into overdrive with compulsive thoughts, images and stories, all of which serve no positive purpose. But, do the physical sensations of fear directly cause any of it? Are they not all programmed responses? The conditioning is very deep, but it can be released. And you will never be Happy or Free, no matter what you attain in the world, unless fear is released and transmuted.

***“I AM freeing myself from the tyranny of fear through my willingness to FEEL what I have been running from”***

## **5. The Practice: Breaking the Cycle and Liberating the Energy**

The next time you feel fear or anxiety, rather than succumbing to the programming of compulsive thoughts or behavior, instead do your best to *completely* FEEL. Start with mild anxieties, not a full blown panic attack. This practice is effective for that too, but start gradually.

***You are developing your ability to feel without running away, repressing or reacting***

You are building your feeling muscles. ALL of your negative reactions will begin to dissipate through this practice.

***All programming is simply the resistance to fully feeling***

The more you are able to feel physical sensations or the movement of energy without any story or mental imagery, without attributing your feelings to anything or anyone, the more fear will release.

***Be Loving and kind with the inner sensations called “fear”***

Most people practicing Presence, “samskara” or energy release work fail, or give up, because they are looking for immediate results; they want the discomfort to go away . . . which is part of the programming!

***With this practice, fear is your friend, for without it you would never be motivated to be free of the programming that keeps you enslaved to the ego***

Rather than expecting or wanting fear to leave, be completely okay with the physical sensations. Pure, open and direct feeling severs the link between feeling and reacting. You are training yourself to be entirely okay with the feelings.

***You dethrone fear as your master by being okay with the physical discomfort***

Programmed reactions to fear are as old as humanity. It has been present throughout all of your past incarnations. This very unusual and leveraged practice will take discipline and dedication. However, it is precisely because you have never done this before that the results will be truly liberating.

***The simple intention to breathe, relax physically and be gentle throughout this process will assist greatly in the release of fear and the flow of energy***

You will be surprised when the physical sensations of fear no longer have the power to disturb you. Then the whole house of cards of unhealthy reactions, both inner and outer, will collapse, the energy of fear that was trapped in your body and consciousness will release, and you will experience an upwelling of Divine Energy within.

***“Releasing programming frees me from ego, fear and separation and reveals the Divine Self, through which I claim my rightful place in the Awakening of human consciousness”***

## *Understanding*

Understanding, especially in the form of self-awareness, is an absolutely essential aspect of Awakening. There is much misunderstanding in spirituality, which often results in affirming and reinforcing the illusion of the ego rather than releasing it. The ego is programming. It is not even real. It is the imaginary separate self perpetuated through programmed reactions. Contemplate this deeply. If you are ready, you may begin to see the utterly startling truth of this. The scene in the movie *The Matrix* where Neo realizes that everything he thought was real is actually all programming is literally true. This is the real meaning of “through a glass darkly” and “maya.” “Samsara,” “sin” and “hell” are the result of believing and living the lie.

***Programming, separation, ego and fear are all synonyms – they exist together or not at all***

Ego programming is specifically the programming of separation. The primary illusion is not the world, but the misapprehension that you are separate. Experiencing separation where there is none, *completely* distorts Reality. Reality is innately Whole and Glorious.

Programming makes it seem otherwise. Programming is the *reaction* to what you call “fear.” Stop responding to the programming; stop reacting as if you *are* the programming, and ALL of it – ego, separation and fear comes to an end.

***“I AM willing to be aware of all the ways that I am intentionally affirming and reinforcing the separate self that is obsessed with appearing to be good or superior”***

## *Life in Freedom*

The magnitude of the consequences of releasing fear cannot be overstated. The programming around fear is what stops the free flow of Divine Energy. This current of Life Force is the source of Creativity, Healing, Joy, Love, Courage, Higher Guidance, Sublime Beauty beyond appearances, attunement to Subtle Energies, access to other dimensions of Reality and Higher Beings, opening the Heart to true intimacy, experiencing Oneness with Nature, and connecting with human beings in a Real and ever-fresh way.

Ultimately, you will eventually realize that you *are* the flow of Divine Energy which is the Divine Self, the Real You. That is the Revelation of all revelations!