

**Flat 9, Yashwant Place, Satya Marg Premises of the Society of Servants of God
Sunday, April 9, 1972**

THE RIGHT WAY TO OVERCOME FEAR

Pre-Discourse Talk

Just now, this very moment, a lot of trouble is going on in Vietnam. It may even end in the Vietnamization as it is called. Let's see.

Discourse

The subject of today is very important for all human beings and it is important for other than human beings on this earth also like the animals and the birds and the fishes, including microscopic animalcules as they are called. That important subject is the great subject of fear, fear and fear. Fear of this or fear of that or no fear of this or no fear of that is only an application of that negative principle termed fear. It is linked with that aspect of human psychology which is called the emotional faculty and it is important since it is practically inherent not only in human beings but also in other than human beings, animals and birds and fishes and plants and microscopic animals or animalcules, called protozoans in general. Not only that but it has its roots much deeper so that it influences other than biological life including the geological life, though it is not termed fear when associated with geological life forms. This means that the principle of fear must have roots deep down at least in creation itself, the creation as we know it on what is called the earth plane. Human beings in general cannot know creations beyond the earth plane. But there have been Beings amongst human beings who have known creations beyond the earth plane consciousness also in the past and even now there are such Beings on earth.

This indicates that fear must have its roots even in the spiritual aspect of the creation also. Then the human mind may think: "Does it mean that fear has its deepest roots in the very Creator Itself or Himself?" It can be said in a general way "No" because the Creator that is generally called God has no fear. But there is an aspect of the Creator which is anti-God and between God and anti-God, there is an aspect of the Creator that is un-God in the anti-God. And in the un-God aspect, fear is.

Fear originates when the Creator Principle passes through a process of becoming and an aspect of It becomes un-God and anti-God. The negative basis of that emotion called fear is, and ever shall be, in that aspect of the Creator which is un-God in the anti-God. In order to get some idea, even a little glimpse of that idea, one may take one's mind unto those aspects of creation given in Scriptures, all Scriptures, whether of one religion or another religion, but world religions and not so-called religions in name of religiosities.

It is mentioned and indicated in the Scriptures of all world religions that fear exists in what is called hell or *narak*. Not only in *narak* but also in creations that are influenced by that aspect of creation called hell. And it is definitely influencing material creations up to a great extent and so earth being a physical creation, it is influenced by that creation called hell in the scriptures.

Therefore, the very root of roots of this subject of fear is deepest down in that which is anti-God and it is the very Creator Principle that is God which becomes the anti-God. Therefore, it must reflect in all creations up to the point when the anti-God aspect of the creation and the un-God aspect of the creation becomes godly and ultimately becomes one with God.

So, this is not a subject which has to be lightly thought on or dealt with. It influences every creation, definitely on this earth as well as on the earth plane¹ consciousness outside this earth or the world.

But instead of applying this principle to other than biological life, which would mean many Discourses on the subject of how this principle manifests in other than biological life, let us not discuss the manifestation of this principle in all life on this earth but confine it to only to that aspect of life which is called human life. If there is more interest in the minds of the listeners about how this negative principle manifests in other than human life, it may be possible that it can be taken up some time in the future.

So, let us see what the place of fear in human life is and what is the right way to overcome fear and not eliminate fear which is much higher and more difficult than overcoming fear. Take for example the birth of a child. It is known to all who know anything about the birth, and certainly to the mothers, that a child when it comes out of the mother and takes birth, what is called parting from the mother or parturition, the child cries. If not, it is even made to cry. It has some medical significance, of course, that by crying the throat and the breathing apparatus is cleared of the accumulated substances in it and so the breathing becomes more natural. But the fact remains that to eliminate the matter that chokes the breathing apparatus, one may create conditions by such kind of vibrations in which the child may even shout or laugh. But it does not happen. It's a cry of the child. Very seldom, one in *lakhs*² a child may laugh, and such children are the instruments through which High Beings are born but that is very seldom. Ordinarily, almost every human being cries or is made to cry for medical reasons

¹Editor Byram's note: The Plane of matter includes all physical creations in the cosmos. So because planet earth is also made up of matter, on Earth, we refer to the plane of matter as the Earth plane.

² Lakh also spelled "lac" denotes the numerical figure 100,000 (one hundred thousand)

when he or she takes birth. There can be other ways of clearing the throat and the breathing apparatus also. But it does not happen. Almost always there is crying. That is one aspect that we see.

Secondly, afterwards, there is a pull between the child and the mother. A mother feels the pull for the child, and the child feels the pull for the mother. And in this pull, there are two main instincts that cause the subsequent manifestation out of the pull. One is that the child feels hunger and the hunger is an offshoot of the instinct of self-preservation and secondly by clinging to the mother who can be the real mother or, if the real mother is not possible, adopted mother, the child feels a certain amount of comfort and ease and that is an offshoot from the instinct of self-propagation or procreation. Both these instincts are linked together when the child sucks the mother. One thing is certain that the child is not conscious of the surrounding, except that of the mother, the real mother or the surrogate one. There are many conditions in the surrounding in the state in which the child is born, which vary widely, but the child is not conscious of them.

Now here, in that feeling of that instinct of procreation as well as in the instinct of self-preservation, out of which hunger is one of the aspects, the fear is inherent there. When the child grows older and is able to perceive things around itself through the senses, the child is in the beginning not feeling so comfortable and happy but it gets adjusted to it by the right way of bringing up the child. As a matter of fact, at such a stage, the child would be amazed by perceiving through the senses things around which are not only varied and many but much bigger than he or she can be, and it is only the comforting caresses of the mother or those who take care of the child that console it. Otherwise, the child will cry. And they do cry when left alone, in frightful circumstances certainly, but even in the other circumstances where things are in a normal, so-called happy state, until there is some kind of a link in the mind of the child that there is someone to protect him or her.

So here also you see the manifestation of fear when the child becomes a little bigger than it was soon after birth and is able to perceive things through his or her senses.

Then one becomes of age up to the stage of a boy or a girl and is able to move about, then also there is fear depending upon the child and the things around in which he or she finds himself or herself and is not able to adjust easily except when the people around make it comfortable for the child, the boy or the girl, to adjust to the surrounding. A boy or a girl left in the wilderness would be afraid. And it is only when there is someone on whom the child can rely in that same wilderness that he or she feels comfortable. This is more so when the child is able to see far in the surrounding not only on earth but far in the sky and feels so small in comparison to the surrounding that it creates fear in the child, even when the child has grown to the stage of not only a boy or a girl but even becomes nearer the adolescent period, a beginning of youth period. All these are

indications that the principle which has been deep down in the very source, the spiritual source that has become anti-God, begins to manifest in the form of a negative feeling called fear.

Then to overcome these feelings of fear, the child begins to experience through the people and the surrounding, some form of thoughts linked with the fearful conditions whether the conditions are persons or other than persons, and these are counter thoughts to the fear. These counter thoughts are the accumulation on the centre that is fear. Here it is important to know that those minds who claim that they are not afraid of this or that, it is because of counter thoughts that they create within themselves to overcome that feeling of fear, and as soon as the counter thoughts are not able to counter that feeling of fear, the fear arises.

So here comes in the question: How can this basic negative emotion of fear be overcome in the right way in case of man or woman?

Elimination of fear at the average human level is impossible. It is only possible when the human consciousness is not only liberated from matter that is man or the woman but is growing towards spiritual values and linked with High Beings. Only then the fear is eliminated. But that stage won't come in the life of most people. That may come sometime in some lives in time to come. But we are immediately concerned with how this feeling of the negative emotion of fear can be overcome by the average human being.

Now there is a difference between overcoming fear and controlling it. When controlling fear, you control the manifestation of the feeling of fear by using what is known in psychology and called will power. The human being concerned controls his or her own behaviourism and does not show fear but controls it by the will power. But that will not overcome fear. Sooner or later when the will power is less, due to whatever reason, then the same feeling will burst out.

There is a psychological law which says that when the will power and the emotion, and the imagination clash with each other, imagination will win and will power will lose. This is because imagination is more powerful than will power. Those who glibly claim that they have got strong will power, they may be able to understand that if at all they have a strong will power, they are mixing it up with the imagination. Imagination makes one create thoughtforms to counteract the fear and for that matter to counteract any other thoughtform of a negative or other than negative nature. And so, they think that their will power has counteracted it. Will power is much lower than the imagination. Through the imagination they create thoughtforms of their own making to counter the thoughtforms that are disturbing them, and they think that it is their will power that has counteracted the fear.

So, to overcome fear the immediate need is to control the fear or for that matter any emotion, whether positive or negative of any nature. It is the will power that is

required to control it. And it will be possible to exercise the will power so long as one is awake and not when one is about to sleep or is getting up from a state of sleep. There the will power is the lowest and quite often in most cases absent. So, the will power can be used effectively to counter fear only in the wakeful state of human consciousness. It is the imagination that goes on working subsequently. So, the first step is that in the wakeful state one should control the manifestation by means of the will power. But to counteract the force of fear, one will have to imagine various counteracting thoughts of the right type so that these counteracting thoughts will counter the thoughts connected with fear.

Here comes in the need of not counteracting the negative force of fear as such but of counteracting fear of this or fear of that. And for each such association of the fear to this or that thought manifestation or this or that object or this or that person, one has to have a counteracting thought to counter such manifestations of the basic principle of fear, the negative emotion.

Since we are confining the topic of today to the negative emotion of fear, we will not take up the other emotions. So, to control fear, when one is awake one should use one's will power to begin with and simultaneously use one's imagination in the right way to create thoughtforms to counter this emotion of fear. But that will only be possible when one is in a wakeful state. In order that it becomes a habit, one has to see that as one goes into the dream state and the deep sleep state, one takes these thoughts with oneself into those states also. And there comes in some technique. As soon as one goes into a state of sleep, the thoughts which have been even predominant in the wakeful state, they have less and less power and they even disappear. So, for that purpose, the present-day psychology has discovered two main ways.

One is the way of what is called auto-suggestion. Suggest to yourself the right thought to counteract a wrong thought, a right emotion to counteract a wrong emotion. And to counteract fear, which is the negative emotion, you have to auto-suggest to yourself suitable thoughts connected with various manifestations of the fear of this or fear of that and those who think that they will auto-suggest themselves into eliminating the fear as such, they are deluding themselves. It is not possible. Fear is fear and if one has got someone to protect them, some object to protect them, some thought to protect them, some surrounding to protect them, then they think that they have overcome fear, which is only a delusion. But, as one goes into sleep, whatever is the fear of or fear for, counter it by autosuggesting, suggesting to yourself a counter-thought to counteract the fear of this or fear of that. This is one psychological practice to overcome fear at the three levels of human wakeful consciousness.

The other is: Let some human being in whom one can have some confidence suggest right type of thoughts as one is going into sleep. It can be done by the person concerned who is present or it can be done through some instruments that can be a tape-recorder or a gramophone record which plays softly and

gently the thoughts that are being played that will sink into the subconscious and unconscious planes of one's mind and influence one during sleep. That is how many of the children and even elders are influenced during the time of their sleep. But the process should start when they are awake and gradually sink into sleep. Now this is the second way.

There is a so-called third way but there are still doubts about its effectiveness to deliver consistent results and that is what is called mesmerism. A state of hypnotism is possible but mesmerism is the same thing as hypnotism in a way, but with the difference that in hypnotism, one can go into the state of hypnosis through staring at an object that is bright enough and gradually controlling the thoughts till the mind is sinking into a sort of wakeful sleep, whereas in those who are called mesmerists, it is the thoughts that are transferred on to the one who is being mesmerized by the mesmerizer, and so there is a link between the one who operates the process of mesmerism and the one who goes into it.

Now these are the usual thoughts and the usual ways by which anyone can counteract the thoughts that are linked with fear. But they will not be able to overcome the fear in the sense that the fearful thoughts can arise some time or the other and they will not be able to counteract it at that time, particularly when the conditions around are very disturbing as in case of catastrophes of nature or those that are man-made like wars and riots and rebellions, and also when one finds oneself all alone in a lonely place. It will not be possible to overcome fear under such conditions if one loses control of one's will power. All these fearful thoughts have been controlled by these methods of will power, suggestions, autosuggestions, through hypnotism or through mesmerism which are all techniques for control.

Now for overcoming fear at the human level, higher than the usual psychological laws are necessary and not the so-called extra-sensory perceptions as they are called which, though have a greater value than the usual laws that govern the psyche that are under the sensory perception, but they will not be able to overcome it. For that purpose, spiritual laws are important which are beyond the extra-sensory perception, and these spiritual laws are not known to the best of psychologists.

These laws are revealed by those who have descended from the spiritual planes and have given to humanity the laws of how to overcome fear and how to, through overcoming, control and keep under control the wrong thoughts of emotions as well as other than emotions too; thoughts connected with sense-perceptions particularly, and those sense-perceptions through which the instinct of procreation begins to manifest – which is not easy for most people. It is only the spiritual laws that will be able to help them to overcome these types of thoughts connected with sense perceptions linked with the procreative instinct.

Now what are these spiritual laws? The spiritual laws have been given many a time in Discourses and on each of these laws at least one Discourse has been given. But here, to confine it to the subject of fear, which is an emotion, the one important spiritual law is: Transfer your so-called human love onto the one in whom you have got full confidence to protect you and that whatever happens, that one will steer the ship of your life through all difficulties, however fearsome they may seem to be. This transference is the very first basis of this spiritual law for overcoming fear. Just as a child overcomes fear when he or she feels the confidence in the mother or the one in whom the child has confidence for protection. Even though the person concerned, whether the mother or other than the mother may not be able to protect the child when the trouble arises, but there is the confidence in the child that my mother or my father or whoever is the elder will protect me under all conditions. So that transference of the love of the child is an example for the elders to follow.

The elders should try to transfer the love that they feel for other persons, thoughts and things step by step onto the one who will protect them and help them. Here also, there is a state of delusion which many people get into. So long as they are in a so-called comfortable and happy condition, they go on distributing their love to their human beloveds, who may be their mother, father, husband, wife, children or other than them. But when the difficulties arise of whatever nature, whether it is of the fear creating discomfort in them or other than fear of some kind of a misery, they turn to some High Being for protection. Take it for certain that under such condition, if there is really a High Being, the High Being will never come to their help. The High Being will come to the help only when you transfer your love fully, absolutely, totally to that High Being and then, through that High Being more love will flow into you and that love you can transfer to your human beloveds or other thoughts and things around you which give you satisfaction. But that distribution of your human love has to be through that High Being only and not distributing your pinpoint love directly on to the other thoughts, things and persons. Only then, the High Being will be able to come to your help. And otherwise, it is just only a sort of satisfaction for those who think that in the time of difficulties, whether caused by fear or other than fear, if they appeal to their God, through some one or the other, that God will come to help them. In the spiritual way, it is not possible at all.

But if they deserve some help because of their past *karmic* forces helping them or if they are under some earth-bound souls, as they are called, the earth-bound souls may help them, and they can help them, but then they will be bound under those earth-bound souls and will not be able to rise for lives and lives beyond that soul till that soul gets liberated, and which is not going to be easy for lives and lives. Such ones who are called High Beings, are in name only, but they are in fact much lower earth-bound souls who may help one through difficulties but then one remains bound to such beings.

So, see that you transfer your love on to the one whom you have accepted as the door and the way unto the Divine, unto spiritual values at least, and ultimately unto very God Itself. Then, when you are conscious of the feeling of fear, you just take that consciousness of fear at whatever level you may be, at even the average three levels of human wakeful consciousness, and you will find that that Being on whom you have constantly transferred all your love in increasing proportion and if possible, fully, that Being will come to your protection and help you and that under all conditions everything will work out according to the mind of that Being and, in that process, it may be that you will suffer also, suffer externally, physically. But internally, as far as the feeling life is concerned, in the suffering itself you will find joy, you will find peace, you will find bliss. It is important to note that your human love is not actually the Love Divine but a spark of the Love Divine which satisfies the human self and is lowered to what we refer to as attachment.

This is an important experience of those who have been able to just transfer their love in increasing proportion till they have transferred all their love to a High Being and then, at such times, if fear arises that fear will disappear as soon as you become conscious of that Being. You may not suffer at all or you may suffer through even tortures and yet you will not feel disturbed. You will not feel fear. Instead, you will feel a state of peace and bliss even in the suffering and in quite a few individuals, those who have grown beyond a state, they will feel a joy in that suffering to glorify the Being that is God.

Now this is the first step: transfer your love onto the one whom you have accepted as the High Being, as the one spiritual beloved to grow through unto that which is the ultimate goal that is God. But more than that will be the change in your consciousness. As you successfully transfer your human love onto the High Being, your levels of wakeful consciousness will begin to change.

As we have said in the past Discourses, from the three average human levels of sense perception, emotion and reason, you will grow unto the next higher level where all the three lower levels coalesce. And at that time, the very High Being will come to your help, either directly, if you are also having a high soul in you, or He will send someone or the other to help you out of the trouble where these three faculties coalesce and where many have become mad, but God-mad. But that High Being will help you by either directly guiding you, if you are a high soul, or some other high Being will be sent in your life or maybe an average being but who has passed through that state, or it may be just even a child who may give you some suggestion which will open the inner doors of perception, and you transcend unto the next level, which is the fifth level of human wakeful consciousness, where you get spiritual inspirations, as we have said.

And that will be the beginning of the spiritual life which will have to be continued till you outgrow unto the next stage of the sixth level where you get spiritual intuitions. And then again, all the six levels get linked up, mixed up; and then you

grow unto the next plane, which is a spiritual plane, the first spiritual plane, which is the fourth plane from the human unconscious plane³ which, as we have said in the past, is the lowest plane of human consciousness and for the sake of distinguishing the different planes of consciousness, we call it the first plane of human consciousness.

But that is a different subject altogether. But when one makes use of the spiritual law of transference of human love onto a High Being, it is the only right way not only to overcome the fear consciousness as well as the fear as such, which has its roots, as we have seen deep down in the very anti-Creator Principle. But through the same practice of overcoming fear, one will grow step by step into the spiritual heights leading unto liberation, ultimately growing unto union with God.

God bless you.

Tape-checked by Hella, April 17, 2016

Editor's note: The above Discourse was edited by Byram on January 22, and finalized on January 25, 2018 in Ambatpada, Village Waki, Dahanu Road, India. Some words were edited out, some were inserted, and some sentences were moved around, and others inserted so that the thoughts would flow better and the message becomes clearer.

This Discourse was rechecked on November 04, 2021 by Byram

³ Editor's note: The unconscious plane of the human mind is the first plane. The subconscious plane is the second plane and the conscious plane is the third plane. Each plane has seven levels. The first spiritual plane is beyond the seventh level of human wakeful plane and is the fourth plane when we count the unconscious plane as the first plane of human consciousness.