

Fear

Peaceful Minds Center Thought For The Week of July 27, 2016



There are two basic “emotions” Love and fear. We all know what Love feels like. Of course, I’m not talking about “in love” - that goofy high feeling we get when meet someone to which we are attracted. I’m talking about that warm feeling that comes over you when you open your heart and

Love unconditionally. Perhaps you’ve felt it at the time of a birth of a child or adopting a pet. It feels very good. It feels like home. If it doesn’t feel like that then it’s a form of fear.

Fear comes in many forms. Some code words for fear are anger, frustration, anxiety, depression, loneliness, aggravation and so on. We don’t immediately recognize these things as fear based but, we can see that none of these things feel like Love so the only thing left is fear.

Fear can be obvious and fear can be subtle. If large dog is growling and threatening you, your fear is obvious. That kind of fear comes and goes quickly. The fear that we are going to focus on is that persistent, low grade fear that I call, “Mailbox Fear”. Mailbox fear is that tiny little “Ut Oh” you feel on your way to the mailbox. Sometimes you even take a deep breath before opening it. In that moment, that persistent, low grade fear is present.

Mailbox Fear happens often throughout the day. A boss may look at you funny or ignore you, your significant other doesn’t call when they are supposed to or you feel a funny pain in your body ... There are a myriad of triggers for these fears. What’s important is to begin to recognize when subtle fear is present. For many of us it’s there so often it’s just “normal” and we don’t notice it. Nonetheless, it does effect our thinking, choices and behavior covertly.

Most often our fears come from past experiences. We start off early in life cruise along fine until one day something happens. Our goldfish dies. It’s shocking and scary. I was in kindergarten when it happened and I was so sad. I didn’t know things could die. It was my first “Ut Oh”. If Rusty could die, what else could?

Without digging up any scars, we have all had scary experiences and sometimes traumatic ones. They get in our meat. What I mean by that is we find ourselves having visceral responses to certain stimuli of which we may or may not be aware. Sometimes it just



“Happiness is not a state of life ... It’s a state of mind.”

The Teacher



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Classes

Satsangs With Tom

Teaching, Discussion
& Guided Meditation

Las Ventanas Satsang

Boynton Beach
Wednesdays
7 - 8:45 PM

Full Moon Beach Satsang

Oceanfront Park, Boynton Beach
At Moonrise (time/day vary)

Adventure Club Trips

Monthly

Contribution

Satsang is \$15 per person. However, if you are a Las Ventanas Resident it is free for you. Or, you can become a Peaceful Minds Center Member for \$35/mo and that is your contribution for all classes.

Donations

Donations are greatly needed and appreciated. Someday, The Peaceful Minds Center will be on a large, quiet parcel of land in South Florida. There will be farm animals and separate barns for exercise, yoga and meditation. We will grow organic vegetables and fresh foods and juices. It will be a place where people can learn about and take pristine care of their minds while dissolving their egos. The resulting Peaceful Minds will create a Peaceful World were people Love and take care of one another. **Go to www.peacefulminds.org and click the “Membership” tab to donate or become a contributing monthly member!** I really need your help to do this! Love, Tommy

envelopes us and we get jumpy. We begin to move more quickly and become hyper vigilant. Think of when you approach a deer. But most times we are uncertain of the cause of our fear. We're too busy ignoring it and trying to push it away. We don't want it. We don't really want to revisit from where it comes. We just want it gone as quickly as possible.

That can lead to some troubling behaviors like addictions or a myriad of acting out behaviors. We are running from the discomfort that fear creates inside us - and boy is it uncomfortable. It's also sticky. It sticks to us. We can get it off of us and all we want is it off of us. It's like quicksand. The more we struggle against it the more it sucks us in. Living in fear is a difficult and uncomfortable way to live - even if it's subtle.

Fortunately (aren't you glad there's a fortunately after all that!), I can reveal you the root of fear and your practice will help you eventually end it. The root of fear is attachment. If you look at your fears they are always based around losing something. Losing your home, pet, job, money, partner and even your own life. Fear is always connected to a loss of some kind.

The easiest way to see this is to turn it around. If you were not concerned about losing your home, pet, job, money, partner and even your own life, what's to fear? Now, I'm not taking some nihilistic point of view that nothing matters. I'm saying when you lose your attachment to these things fear can no longer touch you.

"If I handed you an ice cube and it began to melt, would you be upset? Would you be afraid? Of course not because the nature of ice cubes is that they melt. You are an ice cube, I am an ice cube, everyone we love and our pets are ice cubes, everything we think we own is ice cubes, our jobs and our money are ice cubes. When you *realize* that impermanence is the nature of this existence all reasons to fear leave you."

Fear hides in the shadows and feeds on your resistance. The moment you shine the light of your consciousness upon it, it begins to evaporate like a puddle on a hot sidewalk in the sun. Your practice is to be aware that fear is lurking in your mind, shine the flashlight of your attention and consciousness on it and let go of that to which you are attached.

With Love & Kindness,
Tommy



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Classes



Satsang With Tom
Las Ventanas, Boynton Beach
Wednesdays
7:00 - 8:45 PM



Full Moon Beach Meditation
Satsang With Tom on the Beach
Oceanfront Park, Boynton Beach
At Moonrise (time/day vary)



Adventure Club Trips
Satsang With Tom /Social & Fun!
Monthly

Satsang is a gathering of people around the truth with a teacher. It consists of a teaching, discussion and meditation practice.

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