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The Fear of Feeling

By Margaret Paul, Ph.D.

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THE FEAR OF FEELING

By Margaret Paul, Ph.D.

We desire to find the path to peace, joy and freedom. We strive to feel lovable, worthy and secure. We know that if we do our inner work and open to our connection with Spirit, we will feel all of that. Yet we don't. We put it off for days or weeks. We stay stuck in our misery or numbness. Why? What are we so afraid of if we open to learning about loving?

I have searched for many years for the answer to this question. Over and over I would find myself out of grace and joy and into anxiety and stress. Each time it was because I failed to take care of myself in some way.

The problem is that all feelings are in the same box. Pain is in the same box as joy. We cannot be putting a lid on pain without putting a lid on joy as well.

What is the pain we are striving so hard to avoid feeling? Most people feel a lot of pain. We feel anxious, frightened, depressed, hurt. Since we are often in pain, it doesn't seem to make sense that we

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are, at the same time as we are feeling all this pain, also avoiding pain. Yet that is exactly what we are doing.

As unhappy as we may be feeling, we are avoiding pain that we believe is even greater than the pain we are feeling.

I have discovered that there are three feelings which most people want to avoid at all cost: aloneness, loneliness and helplessness.

Aloneness is what we feel inside when we are disconnected from God. Loneliness is what we feel when we cannot connect with another, either because our heart is closed, their heart is closed, or both of our hearts are closed. Helplessness is what we would feel if, when we want to connect with another

and his or her heart is closed, we accept that there is nothing we can do to make them open their heart. Helplessness is what we feel when we accept our lack of control over others.

When we were babies and small children, we couldn't allow ourselves to feel these feelings. We could not have handled them and may have died of despair. So we learned many protections to avoid feeling these feelings.

The problem is that we still think we will die if we feel these feelings, so we are still avoiding them. We avoid connecting with God for fear God will not be there and we will feel alone. We get angry, withdraw, eat, drink, take drugs, watch TV, get busy, overwork and so on to avoid feeling the pain of our loneliness and helplessness.

Yet loneliness in our society is unavoidable. There are so many people who spend their lives with their hearts closed to avoid their pain that it is impossible not to be around people whose hearts are closed some of the time. If we choose to avoid feeling our loneliness and helplessness, then we too will close our heart. However, when we close our heart we close down the joy too. Then we are stuck with the anxiety, fear, depression and hurt that is endemic in our society.

You will not die if you open to feeling your loneliness and helplessness. It is even quite tolerable if you hold your lonely Inner Child (your feeling self) while bringing through love from Spirit, for then you are not alone in your loneliness. The willingness to feel the pain of loneliness and helplessness opens the door to joy, peace, and freedom. The more you open to spiritual help in your loneliness, the more you are able to embrace the privilege of this sacred journey of evolving your soul. There is great joy in the journey, even when there is loneliness!

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?", "Do I Have To Give Up Me To Be Loved By My Kids?", "Healing Your Aloneness", "Inner Bonding", and "Do I Have To Give Up Me To Be Loved By God?" Visit her web site for a FREE Inner Bonding course: <http://www.innerbonding.com> or <mailto:margaret@innerbonding.com>

F–E–A–R in the Job Search!

By Marilyn J. Tellez, M.A.

Fear in starting a job search is a four letter word! Like any other four letter word, the word itself can create more fear, and some– times self–loathing!

Look at the fear when it applies to a job search. Fear of others. Fear of change. Fear of rejection. Fear of being seen as inadequate. Fear of taking action, (procrastination in disguise).

By looking at the fears expressed, they revolve around failure. It is not failure in the person looking for a job, it is failure to take action. Looking carefully at number 5, it is easy to understand that a lack of action is the root cause of most failures in the job search.

It is often better to do SOMETHING to help oneself, than do nothing at all. Job search mistakes are not fatal. Fear keeps all of us from progressing.

SMALL action steps, like finding someone to talk to is better than letting the four letter fear word from taking over your life!

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F–E–A–R in the Job Search!

FEAR

Taking the Bull by the Horns

Control Your Fear Before It Controls You

The Ghost Of Fear

How To Create HOT Information Products

Smoothies for Athletes

101 tips to stay fit and live longer.

Mind Power Creative Thinking

Online Dating Secrets Revealed!



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