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### Understanding And Overcoming Fears

*how many of us have the following fears of*

- \* Dying—what will happen to my child if I die*
- \* Getting ill—I hope I recover from this illness*
- \* The unknown-how would be the new job, boss, colleagues towards me*
- \* Loneliness- I don't have anyone, no one loves me*
- \* Other people-I don't know how this people will judge me*
- \* Authority-my boss shouts at me always, he is so strict*
- \* Being rejected- my mother in law just do nor praise me ever, for any of my work or cooking*
- \* Being hurt- my friends don't bother for my feelings*
- \* Failure- what if I fail in this work, exams*
- \* Change-how would I adjust when I relocate to other city*

*\* The future- I have made such a huge loss, how would I survive tomorrow*

*\* Being- I am feeling unhappy and sad*

*\* Being free- wish I can be living alone and not in oint family*

*\* Thinking and being in a different way- I wish to speak against this dowry system to my parents*

*\* Losing control- my child is just not listening to me*

*\* Dreaming and making our dreams real- I wish to grow withmy own actions and not follow my parents business*

From these fears many other fears and blockages emerge and keeps blocking our conscience and subconscious.

We are all afraid of something. We all have fears at some point or other during our lives, and one fear brings about other fears. For example, the fear of illness or the fear of accidents brings the fear of death. The fear of rejection comes from the fear of being perceived as different. The fear of success or standing out comes of the fear of relating to people. From the fear of failure comes the fear of making mistakes; the fear of taking on risks; the fear of taking decisions, the fear of not being recognized at work. The fear of others includes the fear of the anger and aggressiveness in others, fear that they might reject you, fear that they might judge you.

Eliminating fears and liberating the mind requires a broad knowledge of how our mind and spirit work. Our spiritual conscience has to awaken for us to realize what the origin of our fears is and how to overcome them from the root. Fears are like a tree; we can cut off a branch, but then other branches or fears will grow. We have to go to the root and, even, the seed, to overcome the fears

Ask yourself very honestly how many times in your life did you feel joy, even a slight trace of it, when something negative happened with someone who had harmed you or hurt you or insulted you in any way in the past - either in the immediate or distant (far-away) past. When this kind of joy, which is an impure form of joy, is seen inside you, even if it is at your extremely subtle thought level (if not in your words or actions), you need to remember that this is nothing but a feeling of **subtle revenge**, even if physically you haven't got back at any point of time at the person who has harmed you, when he did so. It may not sound very nice, but this kind of joy is enjoying the pain of others and is obviously an extremely low grade form of joy. Sometimes, as a way of justifying our **joyful revenge**, we call it **justice**.

**The driving energy or fuel behind this kind of revenge is hatred or anger.** It is a feeling of: "I really enjoyed it when what they had done to me came to them - I was so happy to see them suffer for what they had done, this is their punishment ... tit for tat." **It is a type of joy that only increases our accounts of negative karmas with the other person, which as a result, increases our sorrow, instead of decreasing it, although it may give us an impression for a while that it is decreasing our sorrow.** This kind of joy will only cause the radiation of a negative form of energy to the other person, which will not only give pain to the other person, but will also cause the radiation of the negative energy of hatred from the other person to us that will never bring us long term joy. Imagine someone meeting with an accident on the road and in a lot of pain and instead of helping that person immediately we smile at that person happy with what has happened to him or her. What energy will such a person send us in return? This example is on a physical level, but the same principle applies on a subtle level. So the next time something like this happens in our life, we need to remind ourselves only if we don't have the slightest trace of joy inside us that we can safely say that we are free from any desire for revenge, even though it may be very subtle.

***See you sometimes on your journey of exploring, reinventing and transcending towards your highest growth***

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