

February 2014

Greetings!

I would like to wish all a belated very Happy New Year!

At this time, I would like to thank Geoff for all his help with the e-mails. With so much on his plate, two young boys and a full time job, he just doesn't have the time anymore to help with the e-mails. We will miss him. Thanks again. Geoff said: "It was a pleasure helping with the emails, something I very much enjoyed. I'm hoping I may have time again in the fairly near future, but for now I would like to say goodbye and wish everyone well." A very close friend of mine has offered to help me with the e-mails. He has experience in editing and composition. We welcome Allan and thank him for his kindness. I am still quite satisfied with the way things are going in Seattle, and look forward to the upcoming year.

I would like to speak to something that I have been working with, that I have seen to be a very big issue for many folks to deal with, and that is "fear/terror". Ever since I was young, fear/terror has always been a very strong force in my life. It was so strong, that I had a great deal of trouble looking for a job, and even dating. It would also arise when I had to learn something new or do something new. This would be very disorienting and quite painful, and I would go into a kind of fog and stupor. I hear from others that they experience a sinking feeling in the pit of their stomach when dealing with fear/terror.

At this point I would like to tell a little story. Years ago I was going through a rehearsal for a ceremony, and there was a trainee who took part in it. The person was a lawyer, very intelligent and very competent. During the rehearsal, the trainee was consumed by fear/terror. The trainee started to shake, and sweat profusely. I told the person to sit down, be still, and do a little meditation. I was very familiar with this from my own life. Through my years of training it is now obvious to me that this is some deep karma manifesting itself in some external form. Again, what works is to be very still and let the Love of the Eternal permeate through it.

When I first started training, there was a scripture "The Litany of the Great Compassionate One". It had the line, "Om to the One Who leaps beyond all fear". How I envisioned this was that I would take a leap over a fence and just leave my fear/terror behind, just say goodbye to it. As I went through more training, I saw that this was just a delusion. Over the years I eventually saw this from a different perspective. It came up as a type of race at track meets, the hurdle race, where you run a bit, jump over a hurdle, run a bit, another hurdle, etc., etc. This is the way I see it now through my training with my fear/terror. We go along in training, fear arises, we become aware of it, we meditate with it, and let it be washed away by the Love and Wisdom of the Eternal. Then we go along until the time it arises again, and then we can do another "leap beyond fear".

As we train with fear/terror, we can start to change our perspective of it. We begin to see this fear/terror as being helpful on a few levels. First, we see it as a signal that something needs attention. Second, it helps us turn to the Eternal for help, then let the

Love that radiates from it to permeate through the fear/terror. Third, the fear/terror can be converted to the Stillness, Peace, and Love it is seeking.

On the other hand, I have found that if I treat this fear/terror with hate and yearn for it to go away, it only makes it worse. Again it is only karma seeking Love. I know from my own training how difficult this is, to let it surface, sit with it, and let it find the Love it is yearning for. To open our hearts to it is one of the greatest things a human being can do, and this is what works.

There are a couple of links I would like to offer that I feel would also help folks with fear/terror:

1. Rev Master Mokushin gave a beautiful talk called [Step Off The Cliff](#) during a retreat in 2012.
2. I also talked about fear and terror in more depth in a talk given in Canada some years ago. It was called [Training with Fear](#)

Take care, with all my heart,

Rev Basil