

"Passing Fear Stones - How to Identify and Dissolve Them" ©2010
Written by Dana M. Waddell

WHAT IS FEAR?

Throughout life's journey, experiencing fear is part of our emotional framework. Dangerous conditions, primarily life-threatening circumstances, stimulate a natural response to fear (or being afraid) of what might happen. When under severe attack, fear releases adrenaline and endorphins to enforce courage for defending ourselves.

In today's broadcast, I'm revealing another awareness of fear by demonstrating how it creates panic, anxiety, stress, and low self-esteem, therefore causing paralysis in our goals, our relationships, divine awakening, perceptions and so forth. Probable reasons deep within our conscious or subconscious cause fear stones to develop. Let's examine what is necessary for passing these stones so our minds and hearts are clear for safe passage into a life of renewal.

I came up with the term "fear stones" because fear (in itself) grows solidly in the same way as kidney stones or gallstones, a rather painful process requiring elimination from the body. Fear stones accumulate through life conditions from early childhood and they enlarge, and become increasingly painful, as we mature into adulthood. The desire to relieve ourselves of this pain, such as passing a kidney stone, is something we may or may not admit, depending on our comfort zone (or status quo). If we resist a life filled with countless possibilities, in both the physical and spiritual senses, then our existence appears as fear-based and limited instead of faith and achieving abundance. In other words, hindering our personal growth and development (transcending towards a higher state of grace and better way of living) is very detrimental. By ridding ourselves of fear stones, we tend to think more intuitively, seeing things for what they are and not what we perceive they should be. Realizing truth, as part of releasing fear stones, is painful because clarity channels through our thoughts; in so doing, we eventually witness uncomfortable features about ourselves and others.

What causes fear stones? Fear, self inflicted or otherwise, is an emotion derived since infancy or very early childhood. For instance, at the age of 2 or 3, a scolding parent upsets your jovial playtime by punishing for you misbehaving. Upset, and apparently disappointed by the incident, you immediately latched onto fear as a defense mechanism. The behavior becomes habitual, thereby creating distrust in yourself and others as you age. Cynicism, pessimism, self-doubt, and other uneasy feelings attracted from peers and elders (and from within our own beliefs) fuse into fear stones, small in size at the beginning yet intensifying over the years.

Examine how your life materialized from the beginning. We might have been around difficult adults -- such as parents, relatives or teachers -- who involuntarily (or voluntarily) stimulated pain within us. It doesn't necessarily translate into us fearing them but developing a stagnant assumption of being unworthy or worthless to live an exceptional life. With this theory aside, another startling revelation is we, as human beings, are responsible for either sensationalizing or eradicating fear stones. Minimizing fear stones take exceptional time and perseverance because of diligence and strength to break through years of vicious cycles, negative behaviors, and feeling victimized. You would have to trust your abilities, including the willingness to overcome fear, for securing a path of wholeness and completion. By living in a constant state of fear, or not passing fear stones, your view of life is apparently fragmented and dissatisfying. Harmony and self-love fail to exist because you are holding onto an illusion of not being good enough [or too afraid] to extend beyond your limits. The first aspect to explore as far as eliminating fear stones is relationships.

How does fear influence relationships?

Relationships, whether intimate or platonic, are grounded in trust, equality and accord. Of course, we find ourselves in great relationships with friends, family, co-workers, as well as like-minded individuals who share our ideas and values.

When we have synchronicity with another, it makes the relationship substantial enough for becoming a spiritual partnership. You and the other person are on the same level of communication, same level of thought, and same level of affection.

On the other hand, I call relationships that are completely opposite as disengagements. If we find ourselves embattling or disagreeing with a person (or persons) in our lives, it's disengagement rather than enchantment, leading to unhealthy patterns of codependency and unresolved turmoil.

When involved in a disengaging relationship, egos clash, personalities wrestle, and power struggles ensue, forming disharmonious and tiresome conflicts. Are you disengaged from someone close in your life? If so, overcoming this challenge is possible but you must extremely look into core attitudes about the relationship. Does the other person ignite passion deep within for overpowering anger and frustration? Or are you not in love with the other person anymore? Were you ever in love to begin with? By asking yourself these questions about a disengaged relationship, you need to take proper action so bitterness does not emerge to the surface. You can try counseling or therapy to start over from scratch, rekindle loving feelings of affection, and establish agreements to make things work. If counseling fails to succeed, you may attempt meditating together, taking long walks, communicating more openly and deeply (without provoking anger), or

planning trips to romantic destinations. In worst case scenarios, should favorable long-term results give way to neglecting reaffirmations of solid commitment, then it might be wise to amicably part ways -- without carrying grudges or hatred -- and begin life anew either with someone better to enhance your life or discovering your true self by flying solo.

I neither emphasize nor advocate divorce and break-ups. If workable solutions exist, so be it. Be present to the situation and see what happens. However, if a relationship lacks passion, profound love, or at least desire, you have become disengaged. Trying to find your way back into the other person's heart could be more cumbersome than it's worth. Be responsible by doing the right thing. If separation is the remaining choice from your options (everything you tried time and time again), prepare to do so with love, respect and dignity, especially if it involves family.

However, and most importantly, if your relationship makes both parties' hearts sing with love as the driving force, *glory, glory, halleluiah!* I do mean this wholeheartedly. You already built a solid foundation for a beautiful relationship and worked through trials and tribulations to remain peacefully with each other. You have your life mate and soul partner -- many congratulations!

Now, let's stir some controversy. **Relationships don't always have to follow rules or creeds.** Relationships can be as free and loving as you want them to be. If you feel restricted in a relationship with one who is the same religion or race, then that truly speaks volumes. You are entering a chapter in your life when ethnicity makes no difference as far as being completely in love. Stepping out of the box or comfort zone, regarding intimate relationships, might shape your views on what makes you sing with delight. For example, you're a man who was always attracted to a certain type of woman but now gravitating towards a lady whose features and physique are diverse. You seemingly get along very well and see her as a potential mate, your true partner, but are afraid of taking that risk. Let the fear stone pass! Despite the appearance of a person you would never consider attractive in your wildest dreams, sometimes the universe surprises us with mates that look (or think) differently from superficial notions.

I heard stories of heterosexuals falling in love with their own gender for great same sex relationships. People who never dated outside their own race became instantly attracted to another through being touched, moved and inspired. Once shifting your focus, looking at things from different angles and other such enlightening perspectives, you find a person open and receptive to unconditional love, despite social, racial or educational distinctions. Opposites attract? It's not unheard of. Pass the fear stone -- accept, embrace and love someone who doesn't fit a particular category or lifestyle! When two people come together on a spiritual

level in the physical world, we tend to complain, reject feelings, or question the connection; however, there isn't any use for resistance because the union naturally evolves beyond expectations! Be open to receiving undivided attention and joy from someone who doesn't fit the mold because you could end up with immeasurable surprises. Dare to be different by rebelling against the status quo and mainstream. Reach out and begin new and fulfilling relationships.

Moreover, loving another also begins with loving yourself. If detached from your sense of self, attracting a special mate for commitment will not fall in your lap instantly. Take time and diligence to love your entire self. I am not speaking of narcissism but appreciate what you have, where you came from, and especially the person capable of love and being loved. Not loving yourself is the same as refusing to see love in anyone else. This brings up skepticism, self doubt, cynicism, feelings of failure, and resorting to loneliness or disengagement. Prevent that from happening by believing your qualities are just as good as anyone else's. Stand firm for realization the truth that you are a being created by love, even if others state the contrary. Soon after, a special someone will appear out of the blue, maybe just around the corner, to entire your life for wondrous moments ahead.

Politicians and government leaders of the world, take notice! What we need is to fully embrace and love one another, regardless of enemy lines, religious boundaries, and ethnic viewpoints. It's time to put wars and hostility to rest. Isn't that what Jesus taught? Buddha? What about John Lennon? When are we finally laying down our arms so we can hug instead of drawing weapons? Whether it's in the streets, over territories, in our classrooms, on the job -- let's stand up for peace once and for all!

How does fear impact finances?

Do you know how many of us are fearful of money? It sounds crazy but in fact it's increasingly evident on how we spend and save – and not always with conviction or certainty. I admit to having fear of losing money probably because I grew up in a "haves" versus "have nots" environment, as well as witnessing my parents struggle to get by. Since my early twenties, a fear of not having enough consumed my thoughts and behaviors to the point I was irresponsible and apparently fell into credit card and personal loan debt. Even while approaching my forties, to control finances, or eliminating the fear of not having enough, is still difficult. I had to embrace a realization my present monetary resources are fine and all is well; I didn't need any more or any less because the universe is abundant and always supplies. Of course, who wouldn't want to have some extra cash in the bank? However, there is a stigma that the less you work, the less you earn. Is it worth working excessive amounts of hours per week just to get ahead – and sacrificing your time with friends, family and self? Bless with what you have and

be open to other ways of creating finances rather than holding on to money, or spending excessively, because of fear.

There is one way, out of thousands, how to attract abundance and prosperity. **Generosity!** Even if you feel money is low, being generous opens many doors to your spiritual path benefiting both mental and emotional points of view. For instance, thoroughly clean out closets, storage areas, trunks, attics, basements, and look for things not used in years. After sorting trash from salvageable, set up a garage/yard/apartment sale and generate money that way. Or, if you dare to be bold, DONATE your old stuff! I give away such items, mostly in decent condition, by posting them on a message board at www.freecycle.org. You sign up by region (or locality) and offer what you don't want or need. There is always someone looking for an item you think is rubbish. Or contribute unused goods to your nearest Goodwill or Salvation Army. Think of it as serving your higher purpose by giving stuff away. Then, affirm with clarity and passion, you are highly capable of attracting money to your life and start to experience one windfall after another, eradicating fear of finances and gradually increasing cash flow.

Philanthropy -- charitable donations, tithing, or even volunteer work -- is a strong practice to generously benefit humanity and showing your fear of money as non-existent. By donating up to 20% or more of one's yearly income towards worthwhile causes, helping those in need without giving a second thought, the reward comes back to you in greater amounts. Also, be very openhanded to anyone who graciously helps you with errands, small favors, or anything else to lighten burdens in your life.

In conclusion, passing fear stones is the first step towards having freedom, embracing prosperity and broadening how you see things in the world. The old, stale programming and conditioning will begin to peel away like shedding snake skin, and the results will far exceed your own expectations.

End

"Who is a Seeker of Awareness?" © 2010

Written by Dana M. Waddell

What makes you a **Seeker of Awareness**? It's based on 3 important principles:

INtent

INtegrity

INsight

Notice the 3 INs? A **Seeker** explores truth through learning, expansion, acceptance and gravitating towards a higher vibration (God, The Creator, and Source). The mainstream would consider a **Seeker** an outcast because of unorthodox beliefs and virtues. A **Seeker** is actually an **IN**-cast. You are **IN** with knowledge, with divine presence, with understanding, with compassion, with faith, and with a gift or ability setting you apart from the status quo. Over the coming months, I will teach in more detail the 3 **IN** principles for enlightenment and powerful living. For now, let's begin with **intent**.

INTENT

First and foremost, Seekers of Awareness, such as healers, psychics, mediums, sensitive adults and children, seers, mystics, spiritual non-conformists, visionaries, and are at times considered outcasts from mainstream cultural, political, or social ways of thinking, conditioning or programming. Seekers are actually **IN**-casts, because they are **IN** tune with Spirit, **IN** tune with a soul awakening, and **IN** communication with fellow seekers and those who may still be a few leagues behind. This doesn't make Seekers better than anyone else but we do have a divine mission. That is, to enlighten and empower the world in raising the vibration of universal consciousness.

According to Webster's dictionary, the meaning for the word **INTENT** is as follows:

1. *Something that is intended; purpose; design; intention.*
2. *The act or fact of intending, as to do something.*
3. *The state of a person's mind that directs his or her actions toward a specific object.*
4. *Meaning or significance.*

Meaning or significance: In spirituality, one has to have the **intent** to make meaningful and significant choices, not only for positive results in life but for the benefit of all humankind. When a person is at the crossroads and assimilating all that has occurred in the past, with managing present situations, and having a healthy outlook for the future, the **intent** is to make a difference. Seekers of Awareness know that there is a purpose behind such **intent** - again, to the benefit of all humankind. It is to be open, receptive, selfless, loving, engaging, interacting, and basically living life harmoniously with faith. The **intent** is to tap into inner strength, innate guidance, and connecting with higher consciousness to realize and fully understand the difference between what we've learned (such as dogma, conditioning, or programming) and what the absolute truth is. Eradicating fear-based myths and ideas is also necessary for moving forward spiritually to create and develop what you want in life. Having clear **intent** is your master plan. The **intent** is to find the answers from not only within but from guidance and

nurturing of long-time seekers, such as Wayne Dyer, Deepak Chopra and such. In essence, you cannot be a Seeker alone because having group support to construct a spiritual foundation is vital.

Now this doesn't imply seeing the world through rose-colored glasses; life throws us one curveball after another. It's what you do with conflicts or obstacles that prepare you for living a spirit-filled life. Do you turn struggles into opportunities? Or you are within a comfort zone of wallowing and self-pity? The choice is yours. Should you choose to live abundantly and prosperous in a spiritual sense, you would experience transformation, thus life turns around to your advantage...and eventually witnessing how it becomes influential towards immediate surroundings and environment. It's pretty much a domino effect.

As a Seeker, you have what it takes to impact those within your intimate circles, neighborhoods, communities, cities, towns, countries, continents...the entire planet! Start out with the intent, a positive thought or action high in meaning and significance. Find other seekers to help you on this path of enlightenment and be amazed by what you come across.

INTEGRITY

A Seeker, who is steadfast and ethical in beliefs and attitudes with utmost conviction, has **integrity**. Seekers must really stand by and stick to creating peace, justice, love and global harmony. Seekers have a divine purpose to activate the awareness of divinity... gently, of course, without force or prodding... yet being able to live a life of **integrity**. That is, being honest with ourselves and towards the world around us. Without **integrity**, Seekers couldn't be highly influential in positive ways. If we aren't sure or have doubts about divine awareness, anything else lacks **integrity**. So, how does a Seeker rise up to the challenge of **integrity**? It's definitely not a cakewalk, because one has to silence the ego mind when intuition strongly vibrates from within. If something doesn't feel right, although the ego mind says otherwise, place your left hand on your solar plexus (above the navel) and your right hand over your heart. Close your eyes, take a deep breath, and say to yourself what it is that concerns you. Feel how your body, the heart and solar plexus in particular, responds. If something doesn't feel right, intuition will prevail over egocentric thinking. And that fortifies your **integrity** to make powerful decisions, thereby reinforcing affirmative actions. You won't deceive yourself, your intentions, or anyone else if you begin practicing this approach.

To further describe the meaning of **INTEGRITY**, here's what I gathered from Webster's:

1. *Adherence to moral and ethical principles; soundness of moral character; honesty*
2. *The state of being whole, entire, or undiminished.*
3. *Sound, unimpaired, or perfect condition.*

Adherence to moral and ethical principles: The concept truly applies to how Seekers maintain **integrity**. We have to take care of ourselves mentally, physically, emotionally and spiritually in order to set positive examples for humankind. If you desire being a Seeker, but you smoke, drink too much alcohol, eat nutritionally deficient foods, or take narcotics, stop it! Damaging your body (through addiction) opposes **integrity**. Seekers must physically strengthen their bodies and minds through exercise or yoga as well as changing eating habits. As for the latter, I'm not emphasizing quick-fix diets or even implying you have to be rail thin. This isn't about vanity! I'm referring to a long-term lifestyle changes...period. Anyway, your beliefs have to be firm in the presence of the Divine. Seek that higher part of you to remain faithful with **integrity**. Being a Seeker doesn't mean your goals only consist of making loads of money and driving fancy cars...although we deserve to be prosperous in many areas, not just material. Service to humanity, for the sake of personal, global and universal inspiration, is what Seekers abide by. Seekers have the responsibility to bring forth the absolute truth of living a renewed life. A life free of pain and suffering, a life filled with countless possibilities, a life that embraces love and tolerance. And, having **integrity** also pushes the envelope in mainstream views, because not everyone is going to be ready for elevating self consciousness. You will find relatives or friends a few paces behind, content and complacent, because they resist change. It is not up to Seekers to pressure or object but to love and pray compassionately for anyone left behind, because one person's journey is not the same as another's. Openness and receptivity to higher awareness jumpstarts the overall process; one individual at a time, step by step and day by day, not intended to reach whole nations overnight, but one small feat or thought performed with **integrity**. Ultimate results transcend into colossal impacts on society, culture and spiritual elements.

The state of being whole, entire, or undiminished: In a nutshell, **integrity** is not fractured, broken or altered. **Integrity** is the whole, the entire, and complete. Unwavering faith backs up **integrity** as well as keeping it in tact. Artificial **integrity** is not only an oxymoron but simply doesn't exist, therefore it can't be true.

A sound, unimpaired, or perfect condition: We all know that life isn't perfect but **integrity** encompasses all that is sacred, stable and absolute from a divine perspective. How can you live a balanced life if you are out of **integrity**? That also wouldn't be able to exist. The **integrity** of a Seeker has to be without flaws, in tip-top shape, for it to be so. Anything else is a false sense of **integrity**. Living this

way is not easy; as long as you take it head on in small baby steps, you will notice positive changes in your life, and those you come into contact with, on a daily basis.

A Seeker's commitment to **integrity** is not a fad, not a phase, not something new, not the latest trend, and absolutely not a temporary condition. From waking moments until nightly sleep, **integrity** is a living, breathing part of the Seeker. Reporting to work or meetings on time, communicating effectively, making profound and wise decisions, following a daily regimen to maintain optimal health, setting priorities, building spiritual foundations for your environment, all that and more is **integrity**.

INSIGHT

INSIGHT, such as thoughts, gut instincts, dreams, visions, and so forth, is what you sense from unidentifiable or invisible sources that give information for making effective choices or clarifying particular issues. Seekers rely on **insight** to pave the way towards truth, which leaves a clearing to make profound decisions without hesitation, because you trust in faith from these divine messages.

Seekers of Awareness are attuned with higher frequencies or vibrations to receive validations or confirmations for **insights**. It is because Seekers inadvertently, or maybe even voluntarily, choose to turn down the logical, rational, analytical mind (left side of the brain) and expand imagination or foresight, which is the brain's right side. The more active the right brain is, the more you will see, hear and feel things that are neither physical nor material. Some Seekers are born naturally perceptive, while others pick up this attribute at a more appropriate time in their lives.

According to Webster, **INSIGHT** is defined as:

1. *The power or act of seeing into a situation.*
2. *The act or result of apprehending the inner nature of things or of seeing intuitively.*

The power or act of seeing into a situation: We don't always have substantial evidence or proof to shed light into life situations; so we go with our **insights**, or instincts, to see clearly and without prejudice. If our perception is already sharpened and focused, we have the capability to make sound and wise choices for the best interests of ourselves and likely other people involved. Even if what you see (hear or feel) goes against the grain, chances are that your **insights** are likely correct. It's a natural, inherent, God given power that just has to be activated for its true effectiveness. Hold back the left side of your brain and allow the right side to direct in certain situations or, if possible, balance both sides. There are

times when the rational mind automatically kicks in and can still produce favorable results, but the rational (ego) mind is opinionated, judgmental, biased, and reactive. Sometimes we have to slow down our impulses and view situations from the instinctual right side of the brain.

The act or result of apprehending the inner nature of things or of seeing intuitively: This is pretty self-explanatory and requires very little content. Apprehending the inner nature of things or seeing intuitively best defines **INSIGHT**. Once you have mastered the ability to see intuitively, you would understand mechanisms of situations and carry out powerful and valuable choices. Because you UNDERSTAND what's behind illness, lack of money, an unhappy relationship, a lackluster job, failing grades at school, you could reverse negative consequences. By seeing clearly and instinctively into such matters, you create and develop opportunities to counteract anything considered limiting or hopeless. For instance, you have a child who is labeled as anti-social or not getting along with peers; however, it may not be that he has a disability but instead is very sensitive and might have to be taught or guided in a manner conducive to his traits. From there, his grades start improving and he's able to better interact with other kids! Many adults are unhappy with their jobs because the employment lacks creativity, thereby stripping away natural abilities to expand and discover. The left brain says you need to make a living, yet the right side is longing for stimulation.

How can you let **insight** prevail? Throw away all reasoning as to why things in life aren't working and see intuitively what is possible for growth and advancement. If you are at this position in life, seek a reputable spiritual counselor or holistic therapist to help trigger the right side of your brain... your **INSIGHT**.

These are the basic principles **Seekers of Awareness** follow consistently. It's a transformational life change required to live healthily, with dignity, having self-respect and providing service to humanity. A historical shift in consciousness is underway and Spirit is calling us one by one to get ready!

End

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