

# Freedom to Live (without fear)

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## ***Fear just means .....***

*You've forgotten how safe you are, and that happiness will return like you've never known it before.<sup>1</sup>*

With COVID and the trepidation of its mutations, we are all experiencing universal grief for the loss of what was in our lives and feeling incredible anxiety, fear and stress.

The present collective world's consciousness has consequently created a morphic field which is operating in and being run by fear, inflicting unfathomable chaos and havoc.

As Governments all over the world encounter, interpret and react to the pandemic in fear, they unconsciously impose constrictions and restrictions that remove personal freedoms and choice creating further disorder.

Not all of us assign the same meaning nor interpret the pandemic from the same perspective. We should all get to choose what we believe, accept to be true and whether we will act on it or not. To do otherwise is to strip us of our sovereignty and equality as divine human beings making us subservient to totalitarianism.

## ***There's always another way.***

*Always.<sup>2</sup>*

We need no one's authority to take responsibility for oneself and one's world. We each individually participate in and impact our world through group consciousness. It is the consequence of this world consciousness that finds us in this challenging predicament now. As it must surely be the vehicle through which we must responsibly navigate ourselves back on course.

If we can understand and take responsibility for our individual participation in the creation of this crisis, we can take authorship and leadership of our recovery and journey out the other side a brighter, more evolved species.

## ***Believe it or not,***

*if it weren't for your so-called issues, problems and challenges, there'd be no other way you could become even happier, cooler and more enlightened than you have ever been before.<sup>3</sup>*

We should all be leaders but too often we think that it is the exclusive domain and responsibility of government bureaucrats to solve world problems. We give way to our feelings of powerlessness and lose sight that we do and always have impacted our world. It is why we are here and our greater purpose as spiritual physical beings.

So how do we all become leaders and help create the solutions to our world's problems?

1. Start by realizing you have a choice as to whether you believe something others are telling you to be the truth or not.
2. Learn to recognize when you are operating from fear and refuse to make decisions that are self-limiting or from no choice. You might feel it as stress.
3. Manage your mind and replace fear-full or negative thoughts with supportive and life enhancing thoughts and think them instead.

***Of course you're strong enough.***

*Or what would be the point? Go forth, and rock the world. The Universe.<sup>4</sup>*

Elevating consciousness is about living from choice and being free in the present to choose your own thoughts. It is your thoughts that create your life through the actions you take. Thoughts become things – make them good ones.

It's your choice.

***Behold, a new day...***

*With rainbows, sunshine and blue skies, new players, rebounds and recoveries, abundance, health and harmony... just like you've been picturing them, right? Right?*

*Please tell me you've been picturing them!<sup>5</sup>*

Try this to replace limiting fearful thoughts with self-empowering ones...

**Affirmation: Please CLEAR all fear, confusion and disorder from my thoughts and life. I choose to only think thoughts and take action in line with the greater good for myself, my family and the world.**

**References:** The Complete Notes from the Universe Mike Dooley – Quotes 1-5