

Banish Fear and Worry

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Our subject this morning: "Banish Fear and Worry"

First, what is, what is fear? Well, fear is a state of consciousness, an emotional state of consciousness, which varies from first, just the ordinary unrest and lack of ease – worry we call it – to the second state, which is an extreme state of emotional consciousness, which may cause paralysis of bodily function, and even death. Death can ensue from paroxysms of extreme fear. Now, we don't want anything to do with such a thing as fear. And so, let us see if we can find out how to banish this thing called fear.

What is worry? Worry is simply undue anxiety, that's all, the result of fear. If you had no fear, there would be no worries. You might have concern that you play your part in the Drama of Life, or that you meet a certain condition, or problem, but you would not meet it with anxiety, if you had no fear. Fear is the cause of worry. It causes that undue anxiety, because of fear.

Now, there are several kinds of fear, which I'll speak of. There are many, many kinds of fear. We, we don't want to talk too much about the fear. We want to know how to get rid of it. But still, you must know what it is before you can eradicate it. So, there are several kinds of fear.

First, there is the fear of bodily injury, or accident, which will produce pain. So you see the underlying cause of fear, now, that you are listening, is pain. We're afraid of pain – pain, physical and mental pain. And so, we're afraid of bodily injury, or accident, because we will experience pain, or be incapacitated so that we cannot earn our living, or take care of those near and dear to us. That's one sort of fear.

Then there are unnecessary fears – so many of them. You'll notice this condition with mothers and their children. Of course, some fathers, but not so many fathers. Mostly mothers are unduly concerned about their children. They have those, those states of worry about their children. Why? Because they do not have the contact with the One Eternal Father in whose Love there is no fear. But, nevertheless, that type of fear is with us – unnecessary fear.

I must tell you a little story about a case of unnecessary fear, because it happened in my presence, back in Boston, in Arlington. On the lower part of our house there was a family, and the mother was of that type that worried over everything, whether it was necessary, or not. And so, her little girl was out on the front stoop – she was about four years of age, as I remember – and, I was there talking to her, and I noticed there was an airplane circling up above. Just leisurely, not too close, it was near enough so you knew it was there. Suddenly the mother rushed out and she grabbed the child by the hand, and she says, “Ann, come in here before that airplane falls on you.” And the last picture I had was the child flying through the air, and the mother pulling her in through the door. Well, I think that was an unnecessary fear. So there are many of such cases like that. But that’s quite funny. I can never get rid of the picture of that little girl flying through the door – the mother yanking her in out of harm – unnecessary fear.

Then we have other cases of unnecessary fears, like phobias, phobias. Some people are afraid of the dark. Some people are afraid of...one lady in Boston was afraid of subways. She wouldn’t go on the subway. Afraid it would fall down on her, I guess. Well, millions go there every day. That’s neither here nor there. Then, people are afraid of crowds; people are afraid of high places; and there are many other things. The darkness and things like that. Now, that is not to be, that should not concern us, because those things are brought over. But, if we know God, at the secret place of the most High, and know His Love, every phobia, no matter how deeply seated it is, will be eradicated, because there is no power on earth like the Power of God’s Love; that is the One Eternal Force in the Universe. God is Love. And so, if you have any phobias, don’t give, don’t pay attention to them. Do the best you can, but get God contact. And then everything, all fears must be banished – all phobias.

And then, we have other fears, like the fear of unfulfilled desire – that our desires will not be fulfilled, and then we are frustrated, and that causes many diseases, and sicknesses. Those are unfulfilled desires.

Then we have the fear which manifests itself as an inferiority complex. We feel insufficient for the occasion, or insufficient for, to cope with the problems of life. This is all due to fear. All based on fear.

And finally, we have the fear of death – the fear of death – because we don’t know. Now, most people do not know what’s coming after death. So, what are

you gonna do? You must know death in a conscious way, right here on earth. If you have that state of fear in which you are afraid of death, get busy, get into the secret place of the most High. Know God, and you can consciously practice death while living. If you practice the techniques, which the Master has left to us, the techniques of Self-Realization, you can consciously live without breath; and then breath, then death will not have any fear for you. You will know that there is no sting to death to the devotee who knows God. And so, there you have the different kinds, or a few kinds, of fear.

Now, what is the effect of this fear? Well, metaphysically, or in a scientific way, it is known, and has been shown and proven, that due to the paroxysms of fear, that certain poisons, and undesirable toxins, and substances are poured into the bloodstream. And they, in turn, affect the functioning of our bodily, of our body. The functions are impaired. And even, if the paroxysm is extreme, death can ensue. And so, we can see that fear is something that we do not want to know, or have anything to do with, especially in an extreme way. Because of this fact of the poisons and undesirable substances being dumped, so to speak, into the bloodstream, and then the ensuing disease, or paralysis of functioning, takes place.

These are facts, and I have known of people, and I'm sure you have known of people, under the extreme emotion of fear, who have become sick, and even paralysis can take place. We see this in the animals when they will look at another animal, and incite the fear so that the paralysis of the second animal takes place. And that happens in humans. But, I think the greatest effect of fear, is on our mind and consciousness. That's the important thing. That's much greater even than on our physicality. Because the mind, through fear, is kept in a turmoil, restless condition, robbing us of our peace of mind, and causing us to view life, and outward things, through a colored glass; and as the Englishman says, "the whole world is rotten," because you are viewing it in an unnatural way. Fear takes away your peace of mind, and calmness, so necessary to know that you are God's child and that He is with you.

But, greater than that, greater than robbing us of peace of mind, is that it robs us of the Peace, and Bliss of the Soul, so that we are prevented from knowing just what we really are – that we are God's child, made in His Image. This is the greatest ignorance; this is the greatest sin; this is ignorance; not to know that you and God are together, and that this idea of separation must be removed. Fear, fear prevents us from knowing God, because of our restless condition of mind. You cannot contact God with a mind in a restless state, due to fear. It's impossible; because fear is in outward consciousness, not in the Unity of God's Presence within.

Now, to banish fear and worry, we must know the cause. We must know the cause of fear. The underlying cause of fear, or the metaphysical cause, is that we are going to suffer pain, in either, or any, of our states of consciousness: mental, physical, mental, and Spiritual. That's the cause of fear. We're afraid that we are going to suffer pain in these various states of consciousness. Now the reason is this: the reason that we fear that we're gonna suffer pain is that we feel separated from God. That's all. If you know God is with you, do you think you'd be afraid of anything? Do you think you'd be afraid of pain even? No, because in Him there is no pain. And so, realize the cause of fear is that you fear pain and suffering in physical, mental, or Spiritual states of consciousness, and the reason is, because you feel separated from God. That's why you fear pain, and that's why fear exists.

The basic reason, remember, why we fear suffering in these three states of consciousness is, we don't feel one with God. We feel separated from Him. The moment you remove that separation, the moment that you feel your oneness with God, fear will not remain. That's the greatest truth. "He who dwelleth in the secret place of the most High [shall] abide in the shadow of the Almighty¹." In His consciousness fear cannot remain – fear cannot stay. That's why Jesus said, "Seek [ye] first the kingdom of heaven²." That's the first necessity, because all things will be added unto you, and lack of fear is one of those all things. Fear cannot remain when you're one with God.

Now to banish fear we must remove the cause – permanently. That's the important thing. We must remove the cause – permanently. Patanjali says that. Remove the cause of fear by the roots; tear it out by the roots; make it permanent; otherwise it is of no use. Now where do we find fear? We find fear in outward consciousness; in the consciousness of change; in the consciousness, the transient consciousness of worldly existence. That's where fear exists. And because of that, there is no security. We feel uncertain. Anyone, I don't care who it is, whether they have three million dollars and are dwelling in outward consciousness, they will not feel secure. There'll be an uncertainty there, because that's the nature of outward consciousness. And so you can readily see that to remove the cause of fear permanently, we have to supersede this outward consciousness by the Real Consciousness of the Presence of God within us. The Soul is attached to the body in outward consciousness, and outward consciousness, outward bodily consciousness, being of change and uncertainty, the Soul feels that uncertainty. Therefore, the Soul fears. Realize that the fear is in outward consciousness, not in the Eternal Consciousness of God within.

We have the illustration of the wave and the ocean. That's why I sang, had you sing this morning, "I Am the Bubble, Make Me the Sea." In the consciousness of the wave, the changing consciousness of the wave, there's no security. You've been in a boat on the waves, and are seasick; you know there's no security there. Everything is gone. So you can remember that. On the wave there's no security. But, in the underlying ocean, which is not moving, but secure, and firm, and steady, unchanging, that's where we find security; in that consciousness fear cannot exist.

And so, you can see, that, if you are going to banish fear permanently, what are you gonna do? You're gonna supersede this outward worldly consciousness with the Consciousness of that One Eternal Father, who does not change. In fact, whose Consciousness is change itself. And so, when you know Him, then you know the Ocean of Spirit. Then you know the Wave and are not affected by it. Fear and emotion are found in the outward consciousness, not in the inward Consciousness of the Presence of God.

And so, in conclusion, to live permanently without fear, we must break the idea that we are separated from God. That's the whole thing. That's the whole key. It is God's Consciousness, which is in us. It is His Consciousness, which has made us. It is His Consciousness, which is talking to you; it is His Consciousness, which is listening to what is being said through this vehicle.

What's the idea? We feel separated from Him, that's all. We have to break that idea of separation. Realize, "Thou and I never apart; Thou and I never apart." Finally, as Lord Shankara said, "I am He, I am He, Blessed Spirit, I am He." Now you can do that when you supersede worldly consciousness, in which fear is found, by the Eternal Presence of God at the Christ Center, the secret place of the most High; where fear cannot exist; because it is not of that consciousness.

And so, in conclusion, if you are to banish fear permanently from you, realize, realize, by following the techniques of Self-Realization, which God has sent to you through the channel of the Master, by following them, realize God is Love.

God is Love. If you dwell in hate, you will fear. Hate is the opposite of Love. It is the unreality of the Great Force of Love. God is Love.

And there are two passages in the Bible, which I want to read, and then I will close. And these are most wonderful. Here is the key, here is the answer to the problem, banish fear, banish fear. In the 4th Chapter of 1st John, 4th Chapter of 1st John, 16th and 18th Verses – those of you who have your pencil, write them down. Go home, meditate on them, you'll have the answer to all your problems here. "And we have known and believed the love that God hath to us." Those who contact Him know this. They know that God loves them, and, if they know that, they have no fear. If you are really sure that God loved you, would you have any fear? The Master of the Universe who has made universe upon universe? No. It's because you don't know that, that's all. There's a separation between us. We've got to remove that separation.

And so: "And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him." There cannot be anything else. God is Love. "...he that dwelleth in love, dwelleth in God, and God in him." Love is in us – in a small way of course, in worldly consciousness – but we have to en, enlarge it – expand it – until it is the Great Cosmic Love of God. If we have that, no fear can exist.

And the 18th, this is even more beautiful than the 16th. "There is no fear in love;" If you want to get rid of fear, know God as Love. "There is no fear in love; but perfect love casteth out all fear, because fear hath torment. He that feareth is not made perfect in love." If you have any fears, you have not merged in that Great Love of God. "...perfect love casteth out all fear: " Realize that. That's our first, and greatest; first need, is to know that Love of God. And then, as the Master used to say: "Knowing that, being one with that, feeling His Presence, you can stand unshaken through the crash of breaking worlds."

That's what we are: children of God. If we know that, we can stand through anything, because God is Love. Nothing can touch God's Love. That is the Universe. It is made from that. It is the sustaining power. And we, as His children, must realize that it is He and us, God's Love that is the Reality. Having that, realizing God is Love, and that you are one with Him, no fear can ever remain. "...perfect love casteth out all fear: "

Gandhi and India's Independence Day Remembrance

Now, I want to say just a word, and then I'm through, about Gandhi, and India's Independence, which I understand, Independence Day is the 26th of January, and he was assassinated, as all good men are – or most of, or a lot of them – on the 30th. Nevertheless, when you hear a few of his words, which I'll read at this time, you will see that he was far above the physical body, and such things.

Speaking about India's independence, the Master used to talk about it years ago when he first came, and he would always say, "I know it's coming, I know the independence of India is coming. I don't know just how it's going to come." But when it came, he said, "Isn't it wonderful? It came through the non-violence method of Gandhi, without a shot being fired." "And," he says, "isn't it wonderful, it came in my lifetime." And so, Gandhi, the great saint, and I'd like at this time just that we remember him, and his great work, just to read one or two of his words that he has written.

First, Great Gandhi says, "I know that I can do nothing..." – there's right off shows what he is – "I know I can do nothing, God can do everything. Oh God, make me Thy fit instrument, and use me as Thou wilt." Perfect submission, humbleness, and that's why Gandhi is the Great Gandhi.

And then, also, this, this is a gem. "I have no desire for prestige anywhere..." and all the millions of the Hindus were following him, "It is furniture required in the courts of kings. I am a servant of the

Mussulmen, Christians, Parsees, and Jews, as I am of the Hindus, and a servant is in need of love, not prestige." Isn't that wonderful? This... "That is assured to me so long as I remain a faithful servant."

And finally, in closing, a word or two of what the Master has said about Gandhi. "The non-violent voice of Gandhi appeals to man's highest conscience," Paramhansaji wrote. "Let nations ally themselves no longer with death, but with life; not with destruction, but with construction; not with hate, but with the creative miracles of love."

Closing Meditation and Prayer:

Let us sit just for a moment. Merge in God's Great Love, which is the Peace you feel. Try and take it with you. Let it be with you in every action.

[Meditative Pause on the .mp3 file]

Heavenly Father, from Thee we have come, from Thy Light and from Thy Love. We are sustained by Thee, by Thy Light, by Thy Love. And into Thee, by our own efforts, and by Thy Grace, we will consciously melt, into Thee as Light and Love. Om, Peace, Amen.

1 Psalm 91:1

2 Matthew 6:33