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**Lifehouse Lights Divine Power Lines**

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We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light. Plato

[Plato](http://en.proverbia.net/citasautor.asp?autor=15744)

**Enjoy this volume which** **CASTS A LIGHT** on the **ISSUE of FEAR**

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 Someone once said that FEAR is a showstopper. I believe that and would add that it is a major roadblock to enjoying life and living in freedom and truth.

Think about what fear means by definition: an unpleasant feeling of anxiety or apprehension caused by the presence or anticipation of danger; an idea, thought, or other entity that causes feelings of fear; or a concern that bad news is ahead.

It takes a great deal of energy to manage any of those aspects of fear. If you are walking with underlying fears, you are spending a lot of time in the dark. Fear comes from darkness, from the unknown, from things not seen. Once we know something, we can move through the fear part pretty easily, but if we spend time thinking or worrying about the “what ifs” of life, we are living in the dark.

If fear is a Way of Life for a person, truth is often not able to present itself because fear and faith can’t exist at the same time. Faith and trust will bring light and life to the worst of situations and breathe truth into a situation. Faith allows us to handle the worst news. Doubt drives fear and blocks out faith. If fear is your default setting, you will live in dread and doubt more than anything. These are dark places and usually lead a person to act in controlling ways.

Living in fear closes in your world and keeps things at bay that could reveal truth. You get a perspective from fear that closes in other ways of thinking and darkens any power to reveal truth.

The more this happens, the smaller the world that feels safe. This will keep a person in a prison of their own making due to fear.

 ***\*impatient,
\*yelling or often raising your voice,
\*take out frustrations while driving,
\*thinking about getting even or revenge on another,
\*obsessing about what others are doing and why they are doing it,
\*finding others to vent to,
\*thinking others are idiots,
\*enjoy arguing,
\*defend yourself when someone finds fault with you,
\*hard time putting yourself in others’ shoes,
\*bitter or resentful of past issues,
\*obvious displays of too much anger, or
\*avoid conflict altogether.***

If you could identify with more than three items on the list, you need to take some intentional action to learn more about anger. If most of the list describes you, you need serious help.

Anger is not the problem so much as it is the ANSWER to light the way.

As a matter of fact, it is the very light you need to find the way into your inner self and discover what is going on there. Experiencing any form of anger (mild frustration to rage) is a necessary part of human emotions. It tells you something is wrong. It is not the anger that is wrong, but what you do with it.

Read below in Anger: A Warning Light for more information on how to maximize anger. Look for more “points” inside about this issue of anger.

## *FEAR: IMPENDING DANGER*

**Fear** is an [emotional](http://en.wikipedia.org/wiki/Emotion) response to a perceived threat. It is a basic survival mechanism occurring in response to a specific prompt, such as pain or the threat of some kind of jeopardy.

Fear is such a gift for us as it does let us know when there is impending danger. It signals trouble and sets up inner responses in us that will allow us to survive. Thinking of fear as a survival mechanism is good and will always kick in when we need it.

Living in fear of constant impending danger or a perceived fear when there is no evidence is living in the “feeling” of fear. This is usually partly from the fact that bad things have happened in the past and when that same feeling comes up, an automatic default trigger swings into action.

This is not living, but existing from one scary time to the next.

# *Fear Has Its Way and Darkens Truth*

The facial expression of fear includes the widening of the eyes (out of anticipation for what will happen next); the pupils dilate (to take in more light); the upper lip rises, the brows draw together, and the lips stretch horizontally. The physiological effects of fear can be better understood from the perspective of the sympathetic nervous responses ([fight-or-flight](http://en.wikipedia.org/wiki/Fight-or-flight)), as compared to the parasympathetic response, which is a more relaxed state. Muscles used for physical movement are tightened and primed with oxygen, in preparation for a physical fight-or-flight response. [Perspiration](http://en.wikipedia.org/wiki/Perspiration) occurs due to blood being shunted from the body's [viscera](http://en.wikipedia.org/wiki/Viscera) to the peripheral parts of the body. Blood that is shunted from the viscera to the rest of the body will transfer, along with oxygen and nutrients, heat, prompting perspiration to cool the body. When the stimulus is shocking or abrupt, a common reaction is to cover (or otherwise protect) vulnerable parts of the anatomy, particularly the face and head. When a fear stimulus occurs unexpectedly, the victim of the fear response could possibly jump or give a small start. The person's heart-rate and heartbeat may quicken. (Copied from Wikipedia)

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## In Other Words

FEAR has a lot of other words connected to it. Notice the different words and their meanings…

**Other words include:**

**Terror, dread, horror, fright, panic, alarm, trepidation, apprehension, worry, concern, anxiety, phobia, paranoia, scared, startled, terrified, unnerved, traumatized, hysteria, concern, foreboding, disquieted, unrest, foreboding, uneasy, angst, troubled, afraid, tormented, agonizing, bothered, plagued, and the list goes on………**

What message does a fearful person send to others?

*Could it be?*

Don’t get too close!

*Could it be?*

You are not safe and I will not let you get close. *Could it be?*

I will control you so you cannot hurt my heart.

Could it be? I have been hurt a lot of times so I am transferring that hurt back to you because I am afraid of being hurt again.

Could it be? If I let you know me, you won’t like me.

Could it be? I do not trust you and I will project anger at you so you will not have a chance to abandon or reject me.

**Fear gives many messages that push others away and block intimacy.**

a combination of passive and aggressive behaviors.

Some people also pretend nothing has happened and bury the anger inside.

## *FEAR MESSAGES*


## *FEAR’S PHYSICAL SIDE*

**In my work as a therapist, I have noticed that many people live their lives guided by fear. They appear to be motivated by an underlying fear of the future, possible circumstances they do not like, or things they know they can’t control.**

**These feelings usually come from an unconscious** conditioning that happened during childhood. A child has certain survival fears but the ones that become entrenched and impede healthy decision making as adults, are learned responses to an unsafe world in childhood or from children who were overprotected.

Fear originates from the way it was handled by caretakers. When a child becomes, guided by fear and hesitates to take a step for fear of the unknown, it can emotionally cripple them for life. During stress, a fear-based person will either shut down or try to control external circumstances and all close relationships.

ead more:

Many of us have read hundreds of posts expressing varying viewpoints on this forum. I've noticed two decisive attitudes from people who are facing a decision.

Some appear to be motiviated by fear - fear of the future, circumstances they do not like, or feel they cannot control, for example.

Read more: <http://www.city-data.com/forum/other-topics/21479-you-guided-fear-faith.html#ixzz0gIiDZhVY>

Caption describing picture or graphic.

Irrational fears are typically about the future and the “what if?” factor.

They may also be about objects, situations, or people. They are very debilitating and cause people to live a life that is devastating to the person and family members. These fears are often referred to as phobias, but can be any fear that is persistent and keeps one from facing any person, place or object that is related to the fear.

Irrational fears often develop in childhood as a survival reaction to a traumatizing experience. This is not always the case, however. Some irrational fears are based on real events in adulthood that get extremed over time if not faced and processed. Most irrational fears are memories attached to an experience of danger that was too difficult to process and integrate at the time it happened. The event or experience can even be unconscious to the individual, but the feeling of it remains. It is imperative to get help to overcome these irrational fears.

***It is important to note that if you are rarely angry, you need to also use this method to ask what things might be bothering you and why you are stuffing them. Ask when you first remember not letting yourself get mad.***

Looking for directions from anger requires you to be intentional about observing yourself while you are connecting it to your inner being. If you merely spend time just thinking about it and not really getting further to the bottom of those feelings, this way to understand and direct you about your anger will not be helpful.

He who fears being conquered is sure of defeat.

**Napoleon**

You gain strength, courage, and confidence by each experience in which you really stop to look fear in the face. You are able to say to yourself, “I have lived through this horror. I can take the next thing that comes along.” You must do the thing you think you cannot do.

Eleanor Roosevelt

[Eleanor Roosevelt](http://en.proverbia.net/citasautor.asp?autor=16230)

## *IRRATIONAL FEAR*

## *Guided By FEAR*

**Panic is an extreme form of fear and is usually called Panic Disorder in terms of psychological description. It is an anxiety disorder and is exemplified by unexpected and repeated episodes of intense fear along with physical symptoms that manifest as chest pain, racing heartbeat, shortness of breath, possible stomach trouble, dizziness, and even** **abdominal cramping.**

**People with panic issues have feelings of terror that strike quickly and often, without warning. Most symptoms include heart racing and feelings of weakness and cold sweat. The hands may even tingle or feel numb and have similar sensations as accompany fever. Nausea and feelings of suffocation** **or loss of** **control** **will also manifest themselves.**

**Due to the unexpected nature of a panic attack, the individual may loose orientation and feel the need to escape or get away and become quite uneasy.**

**The body and brain are operating as though there is imminent danger.**

A **phobia** is an intense and persistent [fear](http://en.wikipedia.org/wiki/Fear) of certain things,

situations, activities, animals, or people.

This is caused by a reaction to neutral, conditioned or unconditioned stimuli which trigger fear

responses. In order to learn the root of any phobic reactions, it is important to do an inventory. They could be provoked into action by anything from an actual childhood experience to any other event recorded in the emotional areas of the brain that were fearful to the person.

The body reacts as though that same event is happening in the present.

Most phobias are an irrational fear as they are usually perceived threats rather than actual danger.

**Death can be the final FEAR for many people, thus trapping them in the desire to stay young or accomplish more than can be humanly possible. People driven by an extreme fear of death are literally scared to death and actually miss out on life.**

**Many things in life do cause us to stop and take note of our human mortality. Mentally, we all know we are going to die and that could happen any moment. We are not ever assured of any more than this moment. However, living under the terrible fear of not wanting to die or fearing that you will before \_\_\_\_\_\_\_\_\_\_\_**

**Fill in that blank with anything from a-z that people fear missing out on. This kind of thinking can become very obsessive and will worsen over time. People literally fear leaving home and stay inside day after day in a prison of their own making.**

**There are others who fear getting sick, having an accident, or any number of terrible “what ifs” that keep them from living life or keep them living on the edge busy all the time as if they were racing to beat the finish line.**

**Overcoming fear of death is crucial to enjoying life one day at a time.**

## *PHOBIA*

## *PANIC*


The only thing we have to fear is fear itself.

[Franklin D. Roosevelt](http://en.proverbia.net/citasautor.asp?autor=16231)

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.

[Plato](http://en.proverbia.net/citasautor.asp?autor=15744)

***More on FEAR from a Christian Point of View***

## *SCARED TO DEATH*

2 Timothy 1:7

*For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

This verse gives us all that we really need to know regarding fear and how to overcome it. It says that we are GIVEN power, love and self-discipline. If that is true, then we need not fear man or what he can do. WE have the Higher Power available in fearful situations and we have His promise of LOVE to overcome. What we really need is the self-discipline to operate under that power and love so that we can receive the full benefit of its protection. It is when we get in the middle of a fearful situation and don’t depend on God, but rather use our own weakness to control that we get into trouble.

A Beacon, is literally, a flashing light that warns or guides ships. Symbolically, it represents the same light that can guide or warn a person and illuminate the way to see things more clearly. One new beacon of light shining into your life can spotlight a whole new way of understanding and living well.

The Bible is clear about FEAR. God does not want us to be walking in fear because it blocks our ability to hear His way to go. His gift to us is to have complete direction and light to follow as believers in Him. He clearly wants us to have only one fear, fear of God. That kind of fear is about awe and reverential fear. It is given to inspire us to trust. That trust is in a Higher Power to lead, guide, direct, show the way, point us to the way out of dangerous situations. God wants us to trust that He cares enough about us to protect us.

*LISTEN to wisdom……*

Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them.

 [Orison Swett Marden](http://en.proverbia.net/citasautor.asp?autor=14720)

## Beacon Command Center-The Bible has a lot to say about fear……………………………….

“Fear not, for I have redeemed you;
I have called you by name, you are mine.
When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.

[*Isaiah 43:1-2*](http://www.gnpcb.org/esv/search/?q=Isaiah+43:1-2)

Do not be afraid of sudden terror or of the ruin of the wicked, when it comes,
for the Lord will be your confidence
and will keep your foot from being caught.

[*Proverbs 3:25-26*](http://www.gnpcb.org/esv/search/?q=Proverbs+3:25-26)

**Proverbs 1:33**

but whoever listens to me will dwell secure
and will be at ease, without dread of disaster.

[*Proverbs 1:33*](http://www.gnpcb.org/esv/search/?q=Proverbs+1:33)

fear not, for I am with you;
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my righteous right hand.

**Isaiah 41:13**

For I, the Lord your God,
hold your right hand;
it is I who say to you, “Fear not,
I am the one who helps you.”

[*Isaiah 41:10,13*](http://www.gnpcb.org/esv/search/?q=Isaiah+41:10,13)

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

*—*[*1 John 4:18*](http://www.gnpcb.org/esv/search/?q=1+John+4:18)

It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”

*—*[*Deuteronomy 31:8*](http://www.gnpcb.org/esv/search/?q=Deuteronomy+31:8)

Given these passages alone, what more needs to be written about FEAR?

## Beacon Spotlight

##### Divine Power Lines

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Keep the Light On

You do not have to live in the darkroom of fear. That is a negative place.

You do not have to control fear and it does not have to control you.

**Attack your “fear giants” head on** one at a time and replace each one with a place of love. Affirm that even though something might scare you, you will have the courage to take it on a piece at a time and regain balance around that person, circumstance or experience.

Each time you face your fear, you gain strength, courage and more confidence to move ahead. This is a loving way to live and gives you added energy to pass it on to others.

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If you are in need of help with anger or any other issues, please call or visit my website for more information on individual counseling. Help is available for healing and for growing personal relationships into all they can be by working on issues associated with anger.

Susan

On YouTube

Visit at

<https://www.youtube.com/channel/UCMzIbmpMu_BKBaxIH_5odMg>

About My Counseling

I am a licensed professional counselor and am interested in the restoration of the lives of people who wish to gain greater self awareness. I counsel couples and individuals, both male and female. I do specialize in trauma work along with healing any kind of past abuse. I enjoy my work and am humbled by how many hurting people are relieved of lifetime problems through this work.