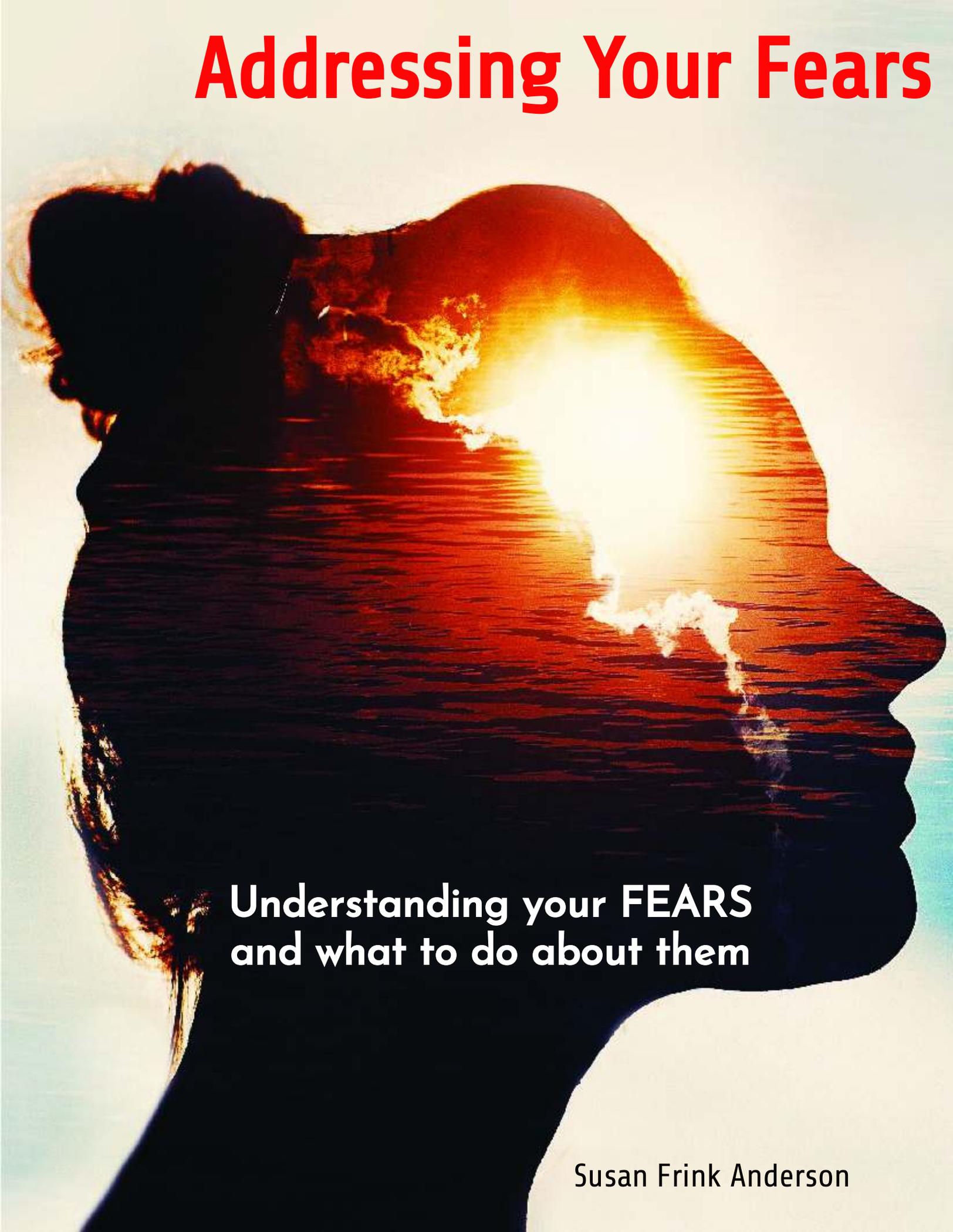


# Addressing Your Fears



**Understanding your FEARS  
and what to do about them**

Susan Frink Anderson

## Fear Has Its Way and Darkens Truth



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 fairly 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.

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## FEAR: IMPENDING DANGER



Fear is an **emotional** 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.

"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

## FEAR'S PHYSICAL SIDE



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), 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 occurs due to blood being shunted from the body's 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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**BOOKS:**

"Murture" ... <https://www.holygramspirit.com/books>

"Divine Power Lines"... <https://www.divinepowerlines.com/new-book>

To find out more about addressing your fears and how to deal with them visit:

[www.divinepowerlines.com/newsletter](http://www.divinepowerlines.com/newsletter)

Also learn how to maintain spiritual balance

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# Have NO Fear!

"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

"Courage is not the absence of fear, but rather the assessment that something else is more important than fear. The only thing we have to fear is fear itself."

Franklin Delano Roosevelt

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