

Introspection is NOT for Sissies

Let's Face That Fear



Susan Frink Anderson

Introspection Is Not For Sissies: Let's Face That Fear

Introspection can be defined as the process of examining your thoughts and feelings. The process is very closely linked to self-reflection and the observation of your mental, emotional, and even spiritual state.

When dealing with fear, introspection can be a powerful tool in helping us identify and get to the root of our fears as a means of conquering them. It is with a deeper understanding of what lies beneath our fears that we are better equipped to tackle them and eradicate them so that we can move forward in our lives.



Self-Observation

One means by which introspection helps us face our fears is via causing us to look at ourselves. When we observe ourselves with respect to our fears, we gain clarity about what triggers them and what perpetuates them.

We can see what habits, patterns, and even thought processes may be further perpetuating our fears which provides us key information we can use to help us alter our habits, patterns, and thought processes. Self-awareness



and knowing your true self will help you overcome looking at yourself in someone else's mirror which just means you might be mirroring their fears. Humans are great imitators because of their double mind that is in conflict with itself. Feeling unsure and insecure are the culprits of being able to observe self and others without judgments or a Fog brain. (Fear of the external realm using a voice of the past that overrides the present with shoulda, coulda, woulda doubts and the guilt that keeps mirroring the same old programmed patterns and voices).

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The renewed mind will work in harmony with the highest spirit mind that reunites the body or the physical realm to be observed in the present tense. Present tense narratives are aware of the past and awake to its illusions from



the old mirror mind. The mirror mind just reflects what you learned from others as a developing human. As a Spiritual Being, you are in the One mind that interprets and translates into the language of now. Your mind is caught up and can imagine from history and integrated information all

at once without having to figure things out. It trusts its Knowing inner voice and recognizes truth from that Voice. It is amazing and divine as it helps observe things as they are now not as your mechanical program recorded them in human terms.

The Mind of God is the Consciousness of All that IS REAL and new reality will replace the old fears that were keeping you hidden in the shadows. Doing this what is called shadow work reveals the fears you 'logged in' and explored so they can be brought up into the light of the present moment. Then, all momentum keeps rising to be caught up to the Most High truth to unfold.

Asking Questions

Questions are key to gaining further knowledge about the true nature of our fears and what lies at the root. Our fears are deeper than what's on the surface. Asking questions helps to draw out the more deeply packed



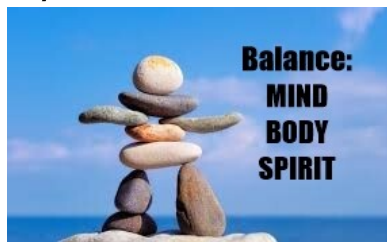
information that might be tucked away within our subconscious and would otherwise go untapped and unnoticed. Coming face to face with past fears may unearth some traumatic memory layers. However, once you realize that you are not that scared little kid anymore, you will integrate and reconnect with your

beautiful innocence and love your true self. You realize how precious you are.

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Examples might include: “What triggered this reaction?” “Is there more to what I am feeling?” “When do I typically respond in this manner?” Asking the Spirit of God these questions through your true voice connected (spirit to spirit) can unlock patterns of thinking and behavior to help see the true nature of our fear and integrate it under the influence of unconditional love. Mixing fear with the wholeness of self and God mind will become a higher mind that is of a super nature. This mind unfolds all good news from within that will break down old programs and install truth that is anchored in God.

Metacognition (the regenerated mind anchored in mind, body and Spirit of God)



Metacognition is another powerful means to help us tackle fear. The term metacognition translates to mean beyond thinking. The phrase means to become aware of your own experience and/or thinking. As described by psychologists, it is the process of stepping outside of the experience and refraining from judging or attaching emotions to it, but rather viewing it from the outside looking in. Again, this transcends the mirror mind as it will give clear Observation from the Spirit of God realm that wants you to stop over thinking and trying to figure things out as though you are divided or in conflict with Perfect Love in all settings of all that you think and do in the present.



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The Spirit of God exists in all of us as a spectator that is not biased by fear, guilt, judgment or any other separation. It is all good and perfect and allows us to see our self as we are created and to sense the real being we are without the old programs. The old program was mechanical and helpful for us to survive but it must be integrated and updated with the Observer or watcher that is a helpful Guide, not a punishing warden. When humans are developed without an integrated mind, the mirror is always pointing back at them with blame and shame. That shadow will be projected out on to others and reflected back. This is what we are all dismantling by using the regenerated mind.



