

Resolving Fear and Anxiety

Geoffrey D. Wilson



Prologue

In the course of daily life, many factors usually conspire to upset the proverbial apple cart that is our complex and fragile psycho-emotional make-up. High on the list, is the de-stabilizing influence of fear and the anxiety that always follows in its wake. When fear comes on line, courage goes missing and security is subsequently threatened. When anxiety follows, the ability to trust is shut down and receptivity is consequently abandoned. Courage, trust, security and receptivity, constitute the very core of our spiritual life and when their integrity is compromised, it is impossible to feel connected to anyone or anything.

Endings

Fear is insidious and has the potential to destroy the foundation of the inner self. It can manifest in many different ways and at times may even slip under the radar when conditions suit. Beyond the fear of death that every human being without exception cannot avoid and must eventually face, sooner or later, there still remains the common fear we all seem to share, of endings – a relationship, a job, the prime of youth, the security of a home, money in the bank, a child leaving home and so on and so forth.

Not surprisingly then, anxiety presents as an obstacle to forming a meaningful relationship to the inner self. It rides on the wings of fear and produces endless fret and worry over the outcome of events that may be concealed as wild imaginings about the future or simply an inability to feel comfortable walking in one's own shoes. Regardless, 'sadness and worry move the heart and the organs tremble' as a famous Chinese classic states.

Inner Calm and Strength

According to the principles of Oriental philosophy and medicine established many thousands of years ago, inner calm and inner strength were clearly identified as the basis of a balanced psychological and emotional disposition. Inner calm is a priceless quality that facilitates the capacity to rise to a challenge without getting upset. Inner strength makes it possible to maintain balance in the face of constant and relentless challenge.

Both of these characteristics require significant cultivation and the classical Chinese teachings of spiritual alchemy were precisely developed to achieve it. Spiritual alchemy is the science of unifying yin and yang within the self so that psycho-emotional stability is preserved. Those either trained in the oriental healing arts or spiritual disciplines that accompany the martial arts, will readily attest to the challenges encountered in learning these remarkable skills. Though they require perseverance to master, they are nonetheless the essence of balance and harmony.

Moment-to-moment

In order to manage fear and anxiety successfully, it is important to establish the fact that fear resides in all of us in some way. In other words, to a large extent, fear cannot be avoided. It is not something that one can control. Nor is it something to be ashamed of. Rather, it is something to embrace; to be with, day in and day out, moment-to-moment. In the acceptance of this fact without judgment, one may very well discover that anxiety dissipates and loses its sting.

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