

Let go fear. Let **Love** in. Our **Heart** must decide!

by Lisa Lee

“When a man has learned within his heart what fear and trembling mean, he is safeguarded against any terror produced by outside influences.” (I Ching, Hexagram 5)

What is fear? Fear is an enormous negative energy operating within us when we are not united with Love in our Heart.

Fear dwells on darkness manifesting in negative habits and emotions, pulling us away from our divine nature of peace and joy, instilling misconceptions and misidentifications in our psyche.

Fear blocks our Heart, separating us from Love. Without our Heart, we are harsh and unforgiving, disconnecting us from our true self and robbing our happiness.

Over time, fear infiltrates the subconscious and shapes our life. Our sense of identity becomes narrowly confined with limiting patterns. Our sense of perception becomes falsely identified with depriving thoughts. Our sense of feeling becomes enmeshed

with emotions, tearing us away from calmness and equanimity, ripping us away from our peace and joy.

These self-defeating behaviours will continue to imprison us unless we decide to bring them into a higher state of awareness and understand how fear works.

We need to learn to view our thoughts from a state of pure heart and calm mind so that we are able to lovingly accept these negative traits, exposing the underlying fear entangled within.

We will then realise that fear is merely stagnated energies from the past keeping us trapped. We will gradually learn to look fear in the face with equanimity and not be consumed by it. And we will grow to embrace circumstances as opportunities and not hindrances, no longer holding hope for the present moment to be different.

As we let go of fear, we naturally bring in Love into our lives. We will find the right way to think, feel and live in the true essence of freedom and not be bound by false beliefs about ourselves. It is a constant, conscious effort to choose Love instead of fear.

Yoga and meditation can help cultivate a state of higher awareness and view our thoughts with calmness without judgement. This can help us pierce the veils of subconscious to transform darkness of ignorance into light of understanding.

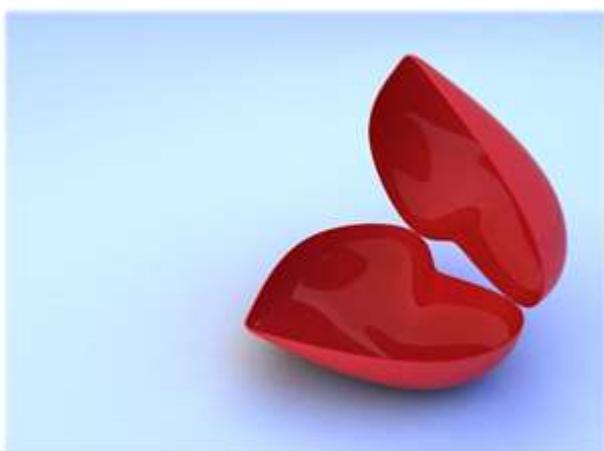
When we deepen the practice of yoga and meditation from our Heart, our feeling, sensing and being in oneness and wholeness will gradually become more explicit and conscious.

When our Heart is awakened, it acts as the fulcrum to ignite the flame within to harness our innate intelligence and elevate our inner perception.

Our Heart is our spiritual centre, guiding our feelings, attitudes and behaviour, governing our inner and outer connection. It helps to heal blame, shame, guilt, anger that has been holding us back and rendering us unable to receive Love. When we return our inner state to Love, our perception of the outer world will change.

Change can only occur when our Heart decides to let go of fear and let Love in.

The effort must come from within. We must fuel our own willpower to awake our Heart. We must choose to reclaim our divine nature of Love. Only then we will realise that Love is the only reality, the only happiness that can be found within our Heart.



By anchoring in our Heart, we are in tune with the innate wisdom and love that is ever-expanding and ever-embracing.

When we fuel our willpower to let go of fear, gradually, we will depend more on our heart perception and less on outer conditions.

Our Heart is awaiting us. All we need to do is to make incremental efforts to:

- ♥ Listen to the power of our inner voice by **developing intuition.**
- ♥ Not give way to fear by **cultivating faith and trust.**
- ♥ Not succumb to false beliefs by **anchoring onto our divine nature.**
- ♥ Watch the thought patterns by **developing awareness.**
- ♥ Release buried stagnated energies by **exposing the subconscious mind.**
- ♥ Have the courage to follow our own insights by **practising surrender and acceptance.**
- ♥ Have the right attitude by **developing humility and cultivating a grateful heart.**

“When you let go of fear, you can’t help but return to love. But if you hold on to fear, love will be absent. You can’t have both. Love can do no harm. Fear is the one who has the power to hurt us. Don’t be afraid!” (Anonymous)

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