

The Weekly Skillet

Serving Up New Choices For Your Life!

Volume 1
Issue 9

May 1, 2002

The Main Course



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The Origins of Fear

We live in a culture that interrupts the process of growing up emotionally with learned feelings of fear and learned behaviors of control. This causes severe distortions in how we see ourselves in relationship to other people. These distortions create what we call a "big circle" or "little circle" perception of relationships.

- If I see myself in a "big circle", I feel and act superior to others.
- If I see myself in a "little circle", I feel and act inferior to others.

Both perceptions result in the illusion of inequality. We see ourselves as either 'less than' or 'better than' other people. These illusions are often drawn along the lines of age, gender, physical traits, education, financial status, and many other external aspects of the human experience.

These perceptions maintain a perpetual state of emotional immaturity that disrupts the development of a true self-identity and true self-esteem.

Without a true self-identity life becomes more reactive than proactive. Our emotions begin to drive our life. We 'dig in' emotionally and become even more incapable of meeting our basic needs for survival, freedom, usefulness, love. This accelerates our need to control others and we move even further away from our spiritual connection and natural inclination towards change and balance.

We walk around in 'states of fear' and don't even notice that this fear is impacting our thinking process. Our life decisions soon become directed by 'how we feel' rather than our principles and now fear runs our lives.

This subtle erosion of our thinking (reasoning) takes us farther and farther from our spiritual roots of LOVE. We spend more and more time regretting our past or fearing our future. We begin to lose our natural ability to live 'in the present' —**the only space in which Love and spirituality exist.**

The Stop 'n Start software courses given at LSU helps people to sift through the fear and allows people to uncover the hidden thoughts and perceptions that hold them back in life.

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