

The Role of Fear—defining Real Fear and False Fear

How can Pluto heal you?

Sumarized from *The Cure Fear* by Lissa Rankin, MD
unless other credit is given.

Lissa Rankin, MD in her book *The Fear Cure* (2015) has given those of us with underworld charts or in Pluto cycles better ways to understand and work with Fear.

Dr Rachael Naomi Remen tells us that *the opposite of fear is joy*—this is why when we resolve false fear we experience a surge of joy. We grow more resilient and have more ability to show up and meet whatever presents itself in life and celebrate life regardless of how it shows up

When we perceive our life as filled with awe, wonder and mystery rather than something to be controlled and wrangled with, we can go beyond the need for an outcome—beyond a win/lose proposition—**our focus is on trusting life.**

From this perspective the only way to really lose is to **decline to participate.**

Harvard physiologist Walter Cannon named our **survival mechanism** “fight or flight” response also referred to as the “**stress response**”.

We are **hard-wired** to go into full alert and run away from an attacker.

This innate response keeps us safe and stops us from situations that are dangerous.

This life-saving fear is known as real fear. But there is another, equally horrendous state of fear known as “**False Fear,**” which **account for the majority of our fearful states.**

These prevalent fears are **imagined fears** and our **primordial brain, the amygdala cannot tell the difference between real or false fear.**

Once we **stop to get to know our false fears—reframe our relationship with them, we can direct information that can heal us.**

Fear is the wake-up call to most things in life that are still in need of healing.

- **Does everything you find you desire in life stand on the other side of fear?**
- **Are you avoiding what you most want because of fear?**
- **What patterns of lack did you learn in you're early years that still play out and keep you stuck?**
- **What do your fears tell you?**
- **What are your limiting beliefs about success, love, money, happiness?**
- **Are you willing to learn new ways to respond to fear when it comes up?**
- **How can you learn about your blind spots and your growth edges?**

Everyone has both real fear and false fear—the first one protects us in life and death situations and inspires immediate action.

The second one is our personal invitation to tap into our higher self—that part of us that is pure consciousness according to Dr Rankin's,—this is a trusted guidance system at our very core.

When we encounter traumatic events this is generally a real fear situation, but when **we ruminate and allow the memory of trauma to project** onto everything that comes after it we are dealing with false fear and this is what makes our world feel dangerous.

- What Dr Rankin's research shows is that our false fears hijack our health as well as our mental wellbeing.
- False fear predisposes us to disease and affect our biochemistry.

- If you find you are stressed out, this can mean you engage regularly with lots of responsibility, productivity, and ambitious accomplishments. **Lissa Rankin finds this is a reliable sign that *you are really scared*.**

We are willing to claim being stressed rather than worried, anxious or fearful because it is a physical reaction rather than an emotion. Being stressed is an outcry for being scared.

Please know that **If real fear protects you than false fear can be an instrument of enlightenment.**

In Lissa Rankin's words,"

Inner guidance should be used to guide our outer actions to facilitate an inner process to heal

Courage is not about being fearless;

- **Its's about letting fear transform you**
- **So you come into *right relationship with uncertainty*,**
- **Make peace with impermanence, and**
- **Wake up to who you really are.**

The antidote is to

- **Meet fear with the strengthening emotion of courage**
- **Connected with inner peace and**
- **Aligned with your inner values**

In order to abate fear and its buddies

- anger,
- resentment,
- hatred,
- intolerance,
- depression,
- anxiety and even

- grief.

When the body is in this strengthened state it heals—reducing stress response activates the body’s natural healing mechanisms.

When we are not in touch with own inner light, our soul of pure consciousness, than false fears run the show denying what is true for us, betraying our personal integrity and predisposing the body to disease.

When we are in the underworld we talk about the shadows coming up, to be completely felt, illuminated and resolved or given back to the light.

Other times we say the things we fear can be reframed, seen in a new way, or are composted and turned into our strength.

But Why do some people shine and stand stronger from their real fear experiences while others shrink and lose their spirit perhaps living only half a life?

The answer may lie **in one’s ability to really listen and connect with inner guidance**, They come into right relationship with uncertainty—they make peace with impermanence knowing that all of nature abides by the same pattern of *rising, sustaining, falling, and rising again*.

From Joseph Campbell we are reminded of Albert Einstein’s famous quote: **The most important thing we can believe is that we live in a supportive universe.**

When we believe the universe is dangerous we tend to make it so.

Christopher Hansard in his *The Tibetan Art of Serenity*, tells us that, **“Fear is just unrealized serenity.”**

Daniel Gimario often says that Pluto is the antidote for “hubris,” meaning “unbridled pride”.

- Is this pride tied to fear that others will discover we are imperfect and vulnerable?
- Do we avoid this fear by being addicted to doing, performing like superheroes saying we are “crazy busy” which is more accurate than we really know.
- Rankin points out that Stress really should not be deemed a badge of honor because it is saying we aren’t equally focused on self-care and self-love and this is all due to fear.
- Are we not often afraid to fully open our hearts for fear they will be broken leaving us half-hearted in the absence of fulfillment?
- We fear loss of power, comfort and the safety we often think money provides.

4 Courage Cultivating Truths to overcome limiting beliefs

Know that:

1. Uncertainty is really the beautiful womb of all possibility
2. Loss is natural and leads to growth.
3. It is a purposeful universe
4. We are all one

The Fear Cure provides wonder exercises to recognize and challenge your growth in each of the Truths I just gave. Learning to love Pluto is so empowering!