

A dark, atmospheric photograph of a forest. The trees are tall and thin, with a path leading into the distance. The ground is covered in fallen leaves, and the overall mood is mysterious and slightly ominous.

# FEAR

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AND HOW TO OVERCOME IT

A misty forest with tall, thin trees and a ground covered in red leaves. The trees are arranged in a perspective that leads the eye towards a bright light at the end of a path. The ground is covered in a thick layer of red leaves, and the air is filled with a soft, ethereal mist. The overall mood is mysterious and slightly unsettling.

FEAR

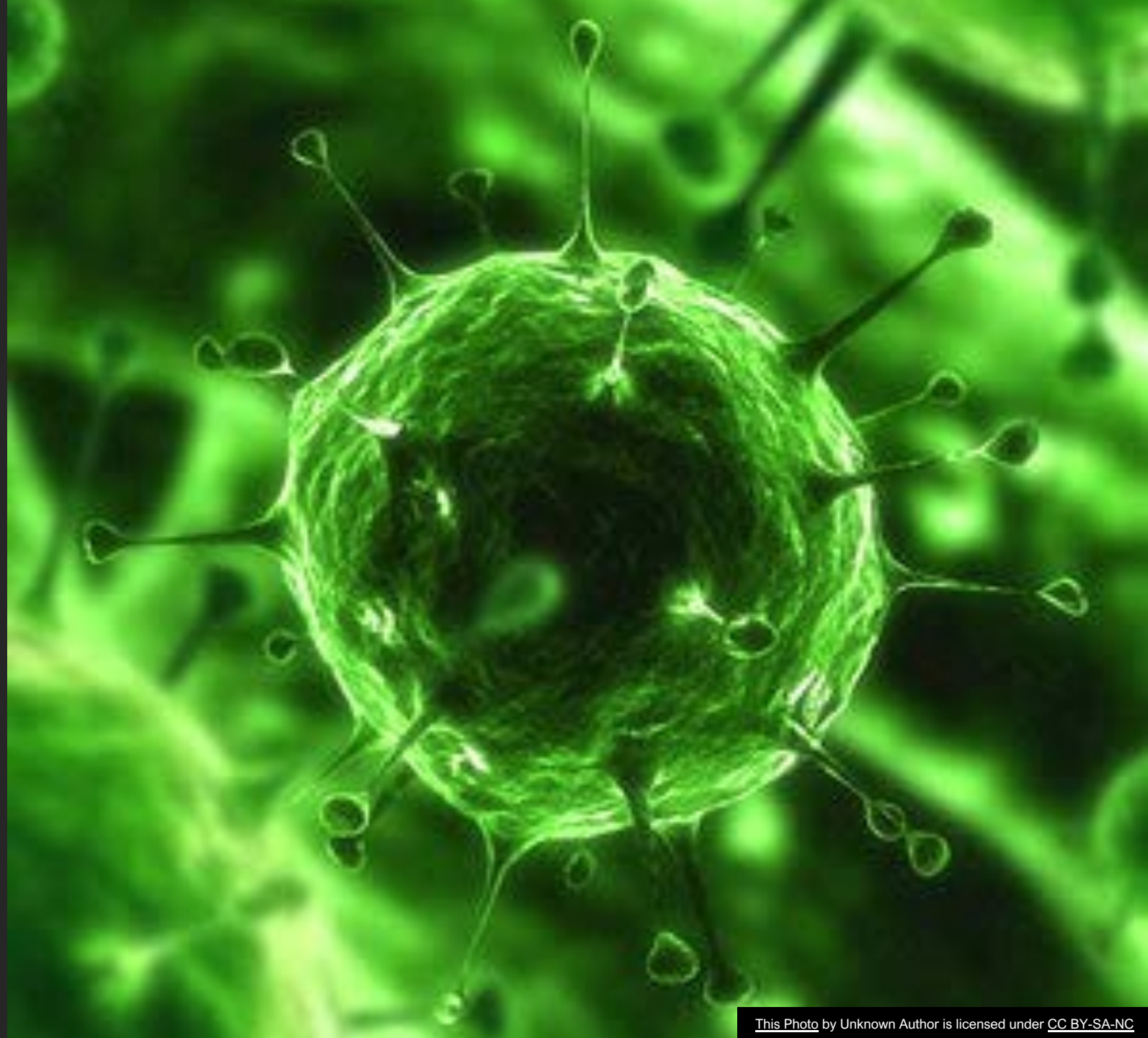
WHERE DOES IT COME FROM?

# SOURCE: Where do our fears come from?

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We are all unique

- Past experiences
- Personal & collective subconscious
- Fear of the unknown
- Uncertainty
- Insecurity



A misty forest with tall, thin trees and a ground covered in red leaves. The trees are arranged in a perspective that leads the eye towards a bright light at the end of a path. The ground is covered in a thick layer of red leaves, and the air is filled with a soft, ethereal mist. The overall mood is contemplative and slightly melancholic.

# FEARS

HOW DO OUR FEARS AFFECT US?  
HOW DO WE COPE WITH THEM?

# EFFECT:

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WHAT DO OUR FEARS DO  
TO US?



# UNCERTAINTY

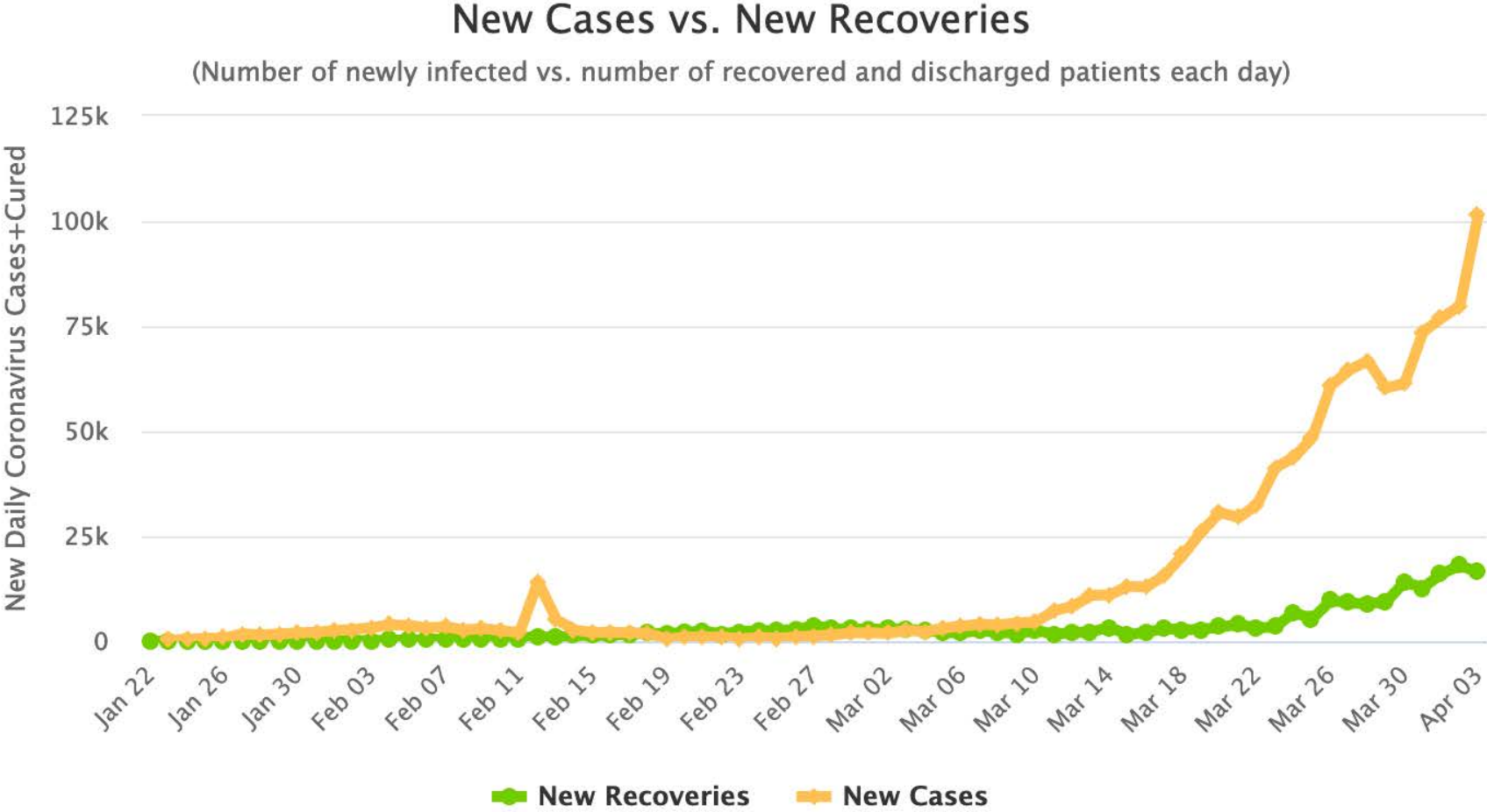
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“This is not pleasant and that’s why we try to reduce uncertainty in all sorts of ways, to take control of the situation.”

“We try to create the appearance of certainty.”

“It helps to bring order and structure in your life,”  
van Harreveld

# Newly Infected vs. Newly Recovered



(idea by Rudi Roth)

Source: Worldometer - [www.worldometers.info](http://www.worldometers.info)



# GRONINGEN EARTHQUAKES

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Research into state of mind of  
inhabitants by Tom Postmes





# HOW WE REACT:

RESULTS OF RESEARCH  
INTO GRONINGEN  
EARTHQUAKES

**We are all unique, we all react differently**

- Character
- Some people have higher “ambiguity tolerance”
- Others have more trouble coping

# HOW WE COPE:

RESULTS OF RESEARCH  
INTO GRONINGEN  
EARTHQUAKES

## How people cope depends on:

- The level of control they have over the situation
- The extent to which problems dominate their lives

## The hopeful people managed to

- Put the situation into perspective
- Concentrate on activities that gave them energy

# PRACTICAL TIPS

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- Plan your day with concrete aims
- Take a daily tea break!
- Don't watch the news too much
- Focus on what you can do for others



# FEARS & UNCERTAINTY: THE EFFECT ON OUR SUBTLE SYSTEM

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FEAR  
ITSELF

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# Heart chakra – why it's particularly important to work on it right now

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When we have a strong centre heart chakra:

- It produces antibodies and gives us a strong immune system to ward off illness
- Gives us a feeling of security
- We can trust ourselves, others and that we will be fine
- We have courage to face challenges

# How fear affects our heart chakra

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## **Left heart**

- A cloud covering our Spirit
- Cannot feel love, joy or compassion
- Heart palpitations

## **Centre heart**

- Fears accumulate here
- Centre most affected
- Affects immune system

## **Right heart**

- Excessive responsibility and control

# How to strengthen our centre heart

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- Stay positive, keep things in perspective
- Breathe in and out deeply
- Get outside, exercise
- Know that we are continuously under the protection of a higher power
- Give a bandhan

# How to strengthen our centre heart

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## **Affirmations:**

- Please take away my fears
- Please give me courage and confidence



# HOW TO OVERCOME OUR FEARS

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## SAHAJA YOGA TREATMENTS FOR THE HEART

- Say Ma Jagadamba x 12
- Say 9 names of Shri Durga
- Candle treatment on centre heart
- Ask someone to work on you & tap centre heart on your back

# How fears in our nabhi chakra manifest

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## **Left Nabhi**

- Lack of inner peace
- Lack of satisfaction

## **Right Nabhi**

- Restlessness
- Worries

### **Physical effects:**

All organs governed by nabhi:

- stomach, intestines, pancreas, liver, uterus, spleen

# HOW TO OVERCOME OUR FEARS

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## SAHAJA YOGA TREATMENTS FOR THE NABHI

- Work on the nabhi and void
- Footsoak
- Say the mantra \*Bhaya Nashini to destroy the fears in our nabhi (\*without Shri)
- Affirmations:  
I am peaceful and satisfied

# Fears in our vishuddhi chakra

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## **Vishuddhi**

- Fears result from our inability to be detached and to see what is happening as a play
- Fear of confronting people, standing up for ourselves (left)

# HOW TO OVERCOME OUR FEARS

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## SAHAJA YOGA TREATMENTS FOR THE VISHUDDHI

- Work on the vishuddhi
- Wear a scarf to protect this chakra
- Gargle with vibrated salt water
- Affirmations:  
Please make me a detached witness.  
Let me see the play of life.

# Fears in our superego

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## Source

- Past events
- Personal and collective subconscious

## Effects

*“Your body makes the same stress hormones when thinking about a trauma (past event) as by the thought of a future image of doom,”*  
*Carien Karsten, psychotherapist*

# HOW TO OVERCOME OUR FEARS

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## SAHAJA YOGA TREATMENTS FOR THE SUPEREGO

- Work on the superego
- Affirmations:  
Please take away all my  
conditionings.  
I am not my past.  
I am not any negative emotions.  
Please remove any negativity  
coming from the personal or  
collective subconscious.

# MEDITATE

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Which chakra is affected?

Say affirmations or mantra for that chakra

Sahaja Yoga treatments

