

Here is a transcription of Sāmudro's video talks of 19 April 2020 on the theme:

## Freedom from Pandemic Fears

The context of the video talk was the Covid-19 coronavirus pandemic and the worldwide quarantine measures in April 2020. As the situation has been evolving daily, already within a few weeks there was already generally less fear and more impatience for life to return to normal. However, even if the context of the pandemic has changed by the time you view the videos, or read this transcript, there are still many timeless truths that are applicable to all situations in which fears are provoked.

Please, also bear in mind that this text is a transcription of a free-flowing talk and thus might not be a logically presented as a written text or formally prepared article.

For information on Samudroprem and The International Academy for Awakening Psychology please visit: [www.samudroprem.com](http://www.samudroprem.com)

The seven parts of the video are available to be viewed on YouTube

(1/7) <https://www.youtube.com/watch?v=yuzYJTE0dBw>

(2/7) <https://www.youtube.com/watch?v=x76StDg4ln4>

(3/7) <https://www.youtube.com/watch?v=1Mmc64pYLrk&t=9s>

(4/7) [https://www.youtube.com/watch?v=k5q6\\_GH\\_IE](https://www.youtube.com/watch?v=k5q6_GH_IE)

(5/7) <https://www.youtube.com/watch?v=0x-glxyFtcE>

(6/7) <https://www.youtube.com/watch?v=p6wZl3YsjKY>

(7/7) [https://www.youtube.com/watch?v=L9\\_-k3R0d2s](https://www.youtube.com/watch?v=L9_-k3R0d2s)

### Freedom from Pandemic Fears - Part 1/7

**Samudro of Awakening Psychology explains the Chakra Energy perspective of fear. The 5 Fs: Fear, Fight, Flight, Freeze and Freedom. The 3 ways for 'Freedom from Fear' plus resources that you can apply.**

Hello, my name is Samudroprem of Awakening Psychology. One of the major things that I teach in Awakening Psychology is the system of the chakras. We have seven seminars... usually attendance seminars about the seven chakras, but now in the time of the pandemic, we are in quarantine of course, so we cannot have attendance seminars. But that's great, it gives me an opportunity to do more videos and to explain things that I can't usually do outside of the seminars. So, I thought okay, I will do a video based on some of our reactions, our responses to the pandemic and the lockdown and the virus, of course. So, it's already 3 - 4 weeks since I'm personally also in lockdown and I am sure you also are. Now we're probably already getting used to it. In the first days, of course, there's more anxiety, there's more fear provoked when something really disastrous happens on the global level.

It is something very extraordinary and some people have been saying that's has been provoking a lot of fear in them or a lot of anxiety. So first of all - let's just say that anxiety is just a milder form of fear. So, I also like to really try to talk about things on a really basic level to try to go down to the roots of things. And if we can understand things at the roots, or heal things at the roots, then we can work on what is on higher levels and it is actually in the first chakra seminar that I talk about fears. Not just talk as I give a lot of very deep, very powerful, transforming exercises of dealing with our fears. Though normally we might think that fear can be experienced - or we might associate fear with the solar plexus the stomach area which is the 3rd chakra, often we think that fear is associated with the colour yellow like in my map there - shows it's connected to third chakra centre but that is conscious fears, fear that we understand. Yes, we are nervous when, for example, we go for a job interview because maybe I won't get that job and I want that job and I am nervous and I feel it in my stomach. But the fears are really rooted in the first chakra. The first chakra is located in the red area, it's both legs, the base of the spine, genital area and it is called Muladhara.

Mula means 'the root.' So, it's the root of everything in the chakra system, it's the root of our life energy that's where it is also said that the 'kundalini' is stored, symbolised by a snake. Our life energy - let's translate 'Kundalini' as 'life energy.' The life energy is stored in the first chakra and it can rise up all the seven chakras to flower as a lotus or like a serpent or a cobra's head. Maybe you've seen statues of Buddha or gods in India with cobra heads. That the hood of the cobra is over the head, which is a symbol that the person is completely awakened. That the kundalini has risen up all the seven chakras, they are fully awakened. So, Kundalini is life energy, it can rise up all the chakras, transforming our life into enlightenment. So, life is kundalini. Life energy is 'yes' to life. A buddha is someone who is fully alive, who has experienced every challenge of life, passed through every lesson and has said "Yes" to life in every way? And that also means they've gone through all their fears. So, fear is basically a 'no' to life.

When we are afraid, we are contracted. When we are contracted, physically, we are very tense. So, the body tenses up, and if we are chronically afraid, we get chronic tension. Now it might be, of course, stress - the pressure of daily life - but why do we pressure ourselves? **Fear is basically a 'no,' it is a contraction** and let me give it a metaphor. It's like a rock. It's a rock on the lava of a volcano. Like an old dormant volcano, the caldera, the rock at the top of the old volcano we could say it's, you know, it's like keeping the new lava - it is keeping it underneath or it's a rock in a river, like a dam that is stopping the whole river flowing through.

So, if fear is symbolised as a rock and certainly if I'm afraid my body tenses and it gets rock like if fear is rock on the lava, on the life energy, on the river of life and the body gets tense because I'm afraid then how can we go beyond this rock? Well there's several ways. We can try breaking the rock or we can try dissolving it. I will talk about that in a few minutes. But first, let's try to understand what are some basic categories of fear. Why do I want to categorise fear? Because, that is actually already breaking it up. You know, if I take fear as this enormous thing, that is just too heavy and it is too... and it is just weighing down my life energy.

So, how can I get some life energy to burst through the rock? Well, I could try breaking it up. Right, so let me break it up into three parts. This rock, bum-bum-bum, three parts. So, I am going to categorise fear into three parts. Into three types or **three categories of fear**. One - Fear is natural it is **biological**. Two - Fear is not natural it is our individual nervousness, anxiety about not getting what I want in my life like I will be stopped in my direction in life... that I will get sick and I will die... So, I have lots of **individual fears**, because I want what's good for me and if life is not giving it to me or people are stopping me then I will get afraid especially like a virus, something invisible from outside and that could kill me, of course, that is the deepest individual fear, is the fear of my own death.

And then the third category of fear is **collective**, similar to my individual fear, but it is not just my fear it is a fear from the whole society. And these two feed each other. Society tells me what I should be afraid of. "I am afraid" - or like now there is like a lot of mass hysteria, almost about the virus. So, when everybody is afraid of something, then "Oh, I should also be afraid." But I am a part of the society. So, if I express fear and I tell my friends and I am on Facebook and I am saying "O, this is happening and I am afraid, what am I going to do?" And that contributes to the society. The individual and the society, the individual and the collective sort of feed each other. But they are both **ego-based fears**.

And that is an important distinction, to realise that we have two ego-based fears: Collective and Individual. And we have one natural, or biological-based fear. Now, usually we just experience all three together and because all three are together, the rock is stronger. So, let me try to break down that rock into three. Okay, I will continue a bit later. Let's pause for now.

## Freedom from Pandemic Fears - Part 2/7

It is Samudroprem of Awakening Psychology, again. I am talking about fear especially the fears coming from the pandemic and the lockdowns. So, I was just saying in the first part of the video that we have three types of fears: Collective, Individual – both of which are ego-based; and now we have biological or natural fear.

So, let me talk a bit more about that. So, of course, this body has fear - it doesn't want to die, it wants to live. It is biological. It is inherited as part of having a human body, part of being a mammal. It is coming from our evolution. Humans, of course, are very sophisticated mammals. Our evolution goes back to being hunters and, in the jungle, we had to hunt or we were hunted. Like if the lion comes, what am I going to do? Do I feel strong and brave enough to fight the lion? Or am I going to run? So, I'm sitting there outside my cave millions of years ago, or a hundred thousand years ago, as an early human and I see a dangerous animal. And now what am I going to do, am I going to hunt the animal to give me some lunch? Or, am I going to escape this animal? So, what am I going to do? Am I going to fight or am I going to run away? So, we call that.... So, for that, what needs to happen is that I need to move very quickly. The same mechanism happens now if I am in a situation like this house catches on fire. What am I going to do? I'm sitting on this comfortable chair - I would need instant energy. Either to run out of the house – so I can survive. Or I will find a way to fight the fire. So, this natural mechanism, is very well known.

It is called the 'fight or flight response' or the '**fight or flight reaction.**' It is a survival reaction, it keeps us alive, it's natural, it's good. Either way, both will work. I like to say that their fight reaction is our active reaction. It's from our ... We could say it is our masculine - I will explain that a bit later. And the 'flight' is perhaps categorised very generally as passive or feminine, it is more the fear response, whereas the 'fight' is more the anger reaction. So, generally we can react either with anger or fear. If fear makes us run away and it helps us survive, it can be good. Or if I use my active energy in some situations, it is anger. But if it is in just a typical physical situation, we I have to fight a fire or I have to fight that wild animal. Then if I am the 'hero' I have to be active. So, either way, either I have to run or to fight, I need instant energy.

Where do I get that energy from in the physical body? From adrenaline. So, adrenaline is stored in the adrenal glands just on top of the kidneys. Which are in the yellow area of the body (in the chakra map). So, the yellow part of the body sees, "Ah, there is danger. I have to be careful, what am I going to do? I have to run or I have to fight." Instantly in a fraction of a second, the adrenaline goes to the heart, the physical heart. Pumps the heart. I breathe more and I get energy, I can move. So, fight or flight – both are good survival strategies. But fear is perhaps a mental recognition, that I must survive, I must move. I must fight or I must run away to survive. But it is such a deep programme, that sometimes – well quite often now – our fight-flight response is not just about physical danger, it is also existing in mental or emotional aspects of our life.

For example, in your work, you are under pressure. Your boss is about to fire you. What are you going to do? Are you going to fight your boss, saying "Well, fuck you, I don't care about your work, go away! I don't want this job anyway." Great – that's the fighting. If you have the confidence to get a new job and to fight for your own survival, and you don't care about pressure or judgments from others. Okay, do it! Or in the emotional or psychological reaction of 'flight,' you say, "Oh, sorry boss. I will be better; I will do a good job." Maybe it is not just your boss, it might be your clients, it might be a bank manager, it might be the tax inspectors, it could be - you know - whatever pressure comes from outside us.

Pressure on our survival – and not just on survival but our 'thrive-al' (ability to thrive). Like how am I going to survive and how am I going to prosper more to survive and to thrive, how to prosper more, causes this reaction of fight or flight. But there is a third reaction – fear. Excuse me, it is not fear, it is freeze. The third survival response to fear is '**freeze.**' So, we have fight, flight or freeze. 3 Fs of reaction to fear which is also an F.

Now, I like to say there are five Fs with fear, I will tell you the fifth one in a moment - but now about this 'Freeze.' Freezing can also be a good way to survive sometimes, for example: there are some hooligans on the street tonight I feel they are going to ... I'm in danger they might not like me, they might want to beat me up .... So, I just hide in the shadows and I just freeze, don't make any sounds, don't make any movements, and just sort of freeze. Then they could pass me by, they don't see me. Freeze can be a good survival mechanism sometimes. But if in - you know - in the apartment.... If my apartment catches fire, and I just do nothing then I will be fried. Ha, ha, another F. I like to make jokes. With fear we have a lot of Fs.

So, the five major fs: **Fear, Fight, Flight, Freeze or Freedom.** That is of course is where we want to get to. We want to get to the freedom. Freedom from fear. Now, how can we get free from fear? Let me go back to that concept I was saying before about different types of – different categories of fear. So, we are talking now about the biological, the natural. If we understand that the body has these natural reactions of having adrenalin to fight or to escape, to flight, when I am afraid. And for that my hormones need to pump around my body adrenaline and cortisol. Those are the two hormones that really keep us pushing, keep us moving. Now if we understand that that is a physical reaction that keep us alive, then I don't judge my fear. I don't judge that my body has fear reactions. I feel, "Okay, my body is afraid, that is alright." I don't have to judge myself that I should not be afraid, that "I am a coward."

You know - like my boss is shouting at me I have a reaction physically I can say to myself, "that is natural, it is just that my body has this reaction." But then I need to examine, do I really need this reaction right now. Or what can I do to get the hormones released from my body. This, what I call natural fear or biological fear, has also been called 'wholesome fear' by Lama Zopa Rinpoche. He has written a book about that. So, there is also, you know, there is a Tibetan Buddhist understanding. A Tibetan Buddhist acceptance of what I am saying that some fears are completely natural and we don't need to feel bad about them. Okay so, I will stop here and we will continue with a third part.

### **Freedom from Pandemic Fears - Part 3/7**

Hello, it is Samudroprem of Awakening Psychology, again. So, I will just continue with the third part of this video about fear that is induced, provoked by the pandemic of 2020, the coronavirus. So, I was talking about the three types of fear: individual and collective fears – which are ego-based fears; and then I was talking about biological or natural fears – which are not necessarily bad.

So, the individual fears are - you know – "I want what is good for me in my life, and I if I feel threat, if my survival is under pressure or danger, I might have reactions." Those reactions are the fight or flights response. Or the freezing response. So, then I talked about the 5 fs: fear, fight, flight, freeze and freedom.

So, **how to we get to freedom?** So, three basic ways. Just like we have three basic categories of fear. There are three basic ways of working on our fear. First is the Active way - Ah! First, I just want to talk about this with the chakra perspective. So, seven chakras but we also have three *nadi*, three channels of energy. In the right side of the body we have the *Pingala*, it is considered the masculine energy, or the active principal. In the left side of the body we have the *Ida nadi* – the feminine channel, or the passive force. And in the middle, joining the centres of all the chakras, is the *Sushumna nadi*, and that is where our energy can rise up from the first to the seventh chakra. So, the three nadi are linked to active, passive and neutral forces. Or male, female and the union of male and female or the neutral force. So, there always three solutions to every problem. So, **active solution, passive solution and a neutral solution.** So, let's see what could be the active solution or the active way to become free from fear?

This is the **direct approach**. It is like as I was saying in the earlier part of the video – fear is like a rock. Physically, emotionally and even psychologically, it is like a big rock, a big block. And if I break that block down into parts. So, I was categorising fear into three types, that is already **breaking the fear** into three parts, it is already giving us a little bit of liberation from the fear. Just to understand that it is not something bigger than us. So that is actually a mental level of the masculine approach to break things down through understanding.

But on the physical and emotional levels also I can break this rock down. So, if I feel there is a contraction in my body... We often find this in the attendance seminars, especially when we do some very active physical exercises, or something that provokes the emotions, then people find out, “Oh, I have tension in my body.” And they go more clearly with their understanding, “what is the cause of my tension? Why do I feel pain in this part of my body?” and it could be so tense, just like if I grip my fist, if I hold my fist tight. Of course, I feel some tension, for a few moments. But if I hold it forever, or for years... Like, maybe I became afraid of something when I was a child. And I tensed myself up. And those muscles have been tense, for the last 30, 40, 50 years. Of course, I am not going to feel it. I am going to be numb. Numbness is one of the manifestations of fear in the physical body. And if we go deep into that numbness and we try to open it up, we will feel pain. Now, if I go into the pain with “where does the pain come from?” I might go back into some childhood memory.

Out of the physical sensation, an emotion might come. If I go deep into that emotion – for example: I was being punished by my parents when I was child. So of course, I am afraid of the loud voice of my father. My father shouts, I am tense. Maybe my father will hit me. I don’t want to be hit. So, I tense myself. And I might run away from my father or could I argue with him? That would be the fight reaction. Or do I freeze? So, if I freeze, I get really tense. And if I am holding onto that for my whole life. If I never let go of that emotional memory or fear of my father. Then I am going to have that fear manifesting in my life recurring.

Because when something scary happens it freezes a part of our brain. It freezes a part of our psyche. Freud would call it fixation. But also, in Reichian work and especially in the Bodytypes, which we can see with Alexander Lowen’s work – I also like to teach the Bodytypes a lot – we would see that as not only the mind that gets fixed, it is the body and our emotional energy.

So, fear happens, and we get fixed. Something in us gets stopped. Our life energy stops moving or our body stops growing or our mind stops growing and our personality stops growing. Fear, especially very traumatic fears, are a stop point. And when something happens in life triggers those memories. Perhaps, very subconsciously, I will respond with my childhood reaction again.

So maybe now, it is not my father, but maybe it is a governmental authority, maybe the taxman, maybe something that is threatening me. They will psychologically represent an authority to me, a bit like my father was. So, if I have a fear of my father, I have a fear of authorities because he was an authoritative person. Now of course it could also be mother and depending in which way she was representing – how she was nurturing you or how she was raising you, Perhaps, she was the authoritative one.

When we deal with fear a part of it is that we have to work with our **childhood conditioning**. Even when working with chakra we have to look at childhood conditioning. Because that is when we learned our basic responses.

So, the direct approach – the direct approach to become free from fear is to feel how fear blocks your body as a numbness, or as a pain or as a tension. How it causes pain in the emotional level and how it causes fear on the mental level. And it causes us to react in a habitual way.

Now of course with the pandemic, it is more of an obtuse fear, not so psychological because it is not from my childhood. Maybe it is coming from the collective unconscious of history of humanity. We have not had a pandemic like this for a hundred years. We have forgotten on the conscious level. But of course, we are having to learn very quickly, how to respond to the danger.

So, on the mental level there is more to understand about how to respond directly to fear. One way is to use rationality. Whereas physically I might choose to break open my blocks – which is helpful on the physical level. What can help us: keep on moving. So, before I talk about the mental level – I will just go back, I will backtrack a bit.

So, on the physical level I might have fear stored in my body for my whole life and it is getting triggered in my daily life – my projection of my parents. My memory of my parent is stored subconsciously and I project it now onto other adult figures – bosses, maybe relationship partners, maybe a business partner. In our daily life we meet figures that are like our parents, the people that caused fear in our childhood and left a mark in our subconscious. If I want to release fear physically, I have to get the hormones to move again. Because the hormones involved in fight or flight, the adrenaline and the cortisol that tell me to fight or flight, they get stuck in the body if you don't move. That is why a lot of people get pain in their lower back. The lower back is we feel "I have got to move" it is like the engine of the body.

So, I really recommend movement, maybe it is dancing, but I really recommend running. It is a really good exercise. Swimming perhaps. **Osho's active meditations** are very helpful – because we are active in several stages and then we go into meditation. So, it is not only releasing on the physical level it is also going to support other levels, and ultimately it is going to support the spiritual level. And I will really recommend Osho's Mandala Meditation. It is perhaps the best meditation that we can do at this time for releasing fear on the physical level. Because the first stage is running. So, when you are afraid, you are tense and you are not doing anything, it is good to run. Fifteen minutes of running on the spot. And that will get your motor running and help you release the tension from the body and the numbness from the body. So, moving is very helpful. Move your body.

Now also depending on where your lockdown is – like I am stuck in a lockdown situation where we are not even allowed to go outside for walking and not even allowed in the park. All the parks are locked, in the country that I am in. So, I can only do exercise at home. So, if I am running here, at least fifteen minutes of running every day; sometimes more, 30 or 45 minutes running on the spot. And it just helps. It helps the body. Keeps the body moving.

Alright, now, on the mental level of the active approach, the active way to become free from fear. Is to use understanding – to see "okay I have this fear and this fear comes from my childhood." It is really an understanding. Or, "this fear coming from the collective" for example. So now there is a lot of hysterical, almost, about the pandemic.

And one thing we understand about fear is that **fear leads to more fear**. The more you are afraid the more you will be afraid, the more you panic the more you will panic. Behavioural scientists, behavioural psychologists will say that the worst thing to say in a situation of panic is to tell people: "Don't panic!" We can see that when people are running to the supermarket buying toilet paper of all things, because they heard other people are buying toilet paper. So, if you want toilet paper and you hear that other people are running to supermarket then, "I better get some before everyone else does." So, panic behaviour leads to more panic behaviour.

Buddhists also say that this is how the mind works, that the more you are afraid, the more you will be afraid. The more that you have a mental affliction, the more that you listen to that mental thought the more it is going to escalate. So, you have to stop that thought, to be aware of that thought as it begins. So, this a positive way of working with your mind. Be aware of when you are afraid, of what triggers the fear. Which physical feeling you have, which emotional feeling you have, which thought it was.

“Oh my god there is not going to be enough food in the supermarket, there is not going to be enough rice, not enough spaghetti, ah! I won’t have anything to eat. There won’t be enough toilet paper, ah! What am I going to do? I have to run and get something, ah! There won’t be enough for me.” It is ego-based, as I said. Many of these fears are fears are ego-based. Especially these individual or collective fear are ego-based, they are teaching us, “I need to take care of me” That is the thought in the mind. The ego says. “Me! Take care of me! I am the most important in my world. If I am not taking care of me then who is? So, I have to survive.”

**The ego is basically a defence mechanism.** The ego is based on fear. In order to survive. To survive I need fear. And if I have fear I can survive better, then I still exist. We can go even further and investigate these collective fears. See where they are coming from.

So, there are a lot of **conspiracy theories** right now. ‘The virus started as a bioweapon. It started because of 5G. It is because of this, it is because of that, it is because of rats or bats, the pangolin in the wet-markets in China.’ Then China says. ‘No, it is because of America, they invented it and they exported it to us. And people are blaming people. Politicians are using moment of fear, to get what they want. They want attention, they want people to be afraid. Because if people are afraid, then they will do what they are told. So, there are a lot of conspiracy theories, a lot of control issues going on. And people are just freaking out right now. If you look on social media and it is almost insane. Because the feat leads to more fear; the panic leads to more panic; the thought leads to more thoughts.

“Don’t think about green monkeys!” Oh, what? Where did that idea come from? It is a spiritual teaching from Osho, he was quoting a Zen master. It was one of his favourite stories. It was, a disciple was asking his master, “how can I get enlightened?” And the master said, “It is easy, just don’t think about green monkeys. Not just red monkeys or brown monkeys but green monkeys.” So, of course, what did the disciple do? Go home, meditate and all he could think about was green monkeys. So, this is a simple joke but a deep teaching that whatever you think about. If you allow yourself to think it, it just proliferates. It gets worse and worse.

So, you have to be very aware that – we have to be very aware of the thoughts that cause fear. The thoughts that create a panic. And usually you will find that there is an ‘I’ thought there. “It is for me!” And it happens so fast. Ah! You have an instant reaction that – an emotional boost. And when you have an emotion. You think that thought is correct. It is very difficult to separate an emotion from your thoughts.

When we have a thought and then we have an emotion, we think “that is right, that is, that is me.” Actually, we do not even think it, we just ‘know’ it. So, what I am noticing with all these conspiracy theories and everything that is going crazy on the internet, the social media about the conspiracy theories.

To me it seems that **conspiracy theories and toilet paper are very similar**. There is a pattern about running to the supermarket to buy toilet paper – why toilet paper? Perhaps it is a control issue. Yes, toilet issue are control issues. Because that is something I can control or maybe I can’t control it – that is the fear. So, there was a run on toilet paper. There was a panic about toilet paper and conspiracy theories are similar. If you allow these thoughts to run, they just get more and more. But the idea of believing in a conspiracy theory, is the ego trying to grasp onto something. Because the pandemic is something so scary, something so ephemeral, it is invisible.

It can't see it; someone walks past me and they cough. "Ah! Maybe I will catch that." It is not something that we can control. We are very, very scared when we are not in control. So, on the mental level, the mind is very scared now because it has nothing to control. "I cannot control this virus spreading. No one – no one has a solution. We have no vaccine right now. It is very dangerous." When we feel out of control, we have to do something, to feel in control. Buy the toilet paper or believe in a conspiracy theory. Because then if I believe in this conspiracy theory – especially the more outrageous, the rarer, that conspiracy theory is. Then it is more individual. Then I can think, I have that thought, I have this idea, I know what is going on, I know where the virus came from. That feeling of 'I' makes you feel in control, then you feel safer.

**The ego needs to feel safe.** That is what its job is. The ego wants you to feel safe. And the safest thing in the world is to feel "I exist." That is what the ego thinks. The safety is in the ego. The safety is in existing. Actually, the deepest, deepest fear we have is the fear that we do not exist.

I don't exist. You don't exist. Yes, this body exists, but maybe it will die. Yes, we are afraid of death. Of course, I do not want to die. And probably, you do not want to die. But what if there is something deeper than the fear of death?

What if the deepest fear is not the fear of dying but the fear that I, my personality will die. Not just that this body will die ... You know, that is why religions have to believe that "after I die that I will go to heaven" or "after I die, I will reincarnate – okay I am going to die but I will live again." That makes it easier, that makes us feel less afraid. But what is those things are just beliefs and I don't know if they are really real or not. Actually, the deepest fear is that "maybe I don't exist." Maybe there is no reality, maybe there is only emptiness as the Buddhas teach us. That is the deepest fear, the fear of emptiness, the fear of not-existing.

So, when we are in this collective – almost global fear, right now. I think what is the biggest fear is really happening to a lot of us. The fear that we are not in control and if I am not in control that what am "I" doing? What is the point of "I"? If I can't control what is happening to me. Then I am useless, I am helpless. I can do nothing. I am a nobody. And the ego does not want to feel like a nobody. The ego wants to feel "I can do something." Everybody wants to be the emperor of the world.

And that is why we need conspiracy theories because the crazier the conspiracy theory is, then I can say "that is my idea. I will agree to that one. Now when the whole media of the world says: lockdown, stay-at-home, don't go to work, don't do this, don't do that... The governments are telling you, telling you this to protect you. Celebrities are saying it, everyone that is on tv, you must stay at home to stay safe. So, they are telling us, is like a big authority telling us what we should – the ego does not like that. Because "I want to control what I want to do in my life." So, a conspiracy theory means, "Well, I do not have to believe in the authorities. They are all doing it to control me. So, I can believe in ... they made this virus just to control us all, it is all the illuminati and it is all 5G and the New World Order is taking us over."

These conspiracy theories are the ego's attempt to stay in control. Now, I am not saying they are wrong. Maybe it is true. Maybe there is a New World Order. Maybe the virus was created deliberately in a lab and released – but we don't know that as a fact.

Right now, all we can deal with is facts. If you have evidence, real evidence that the virus was created in a lab by the illuminati, by the New World Order, alright - great, you have evidence. Let's know about it, then we can do something about it. But we don't know. So, what is the point of having conspiracy theories, if we find out the real source, we can maybe do something about it to prevent it happening again.

So, what I am trying to say is that, if we use our intelligence to identify the thoughts that make us afraid, to understand where those thoughts come from. Is it from the body- the body doesn't want to die – is it a biological, wholesome fear? Or is it an individual fear? I just want what is good for me. Or is it coming from the collective? If we can try and identify where those thoughts of fear come from, then we don't need to let those thoughts proliferate. We can just separate our awareness from the physical, emotional and the mental thoughts. And if we separate our awareness. Then we come back to our true nature, and that is what we are looking for in Awakening Psychology. Which is a combination of psychology – understanding the mind; and spirituality – meditation.

We are using psychology to grow towards spirituality, towards meditation, towards the full awakening. I will continue in another part.

#### **Freedom from Pandemic Fears - Part 4/7**

Hello, it is Samudroprem of Awakening Psychology, again, continue this talk on fears and especially on the chakra system. And I have been talking about the types of fear: five fs: fear, fight, flight, freeze and freedom from fear. And I talked about different categories of fear: individual fear, collective fear which are both ego-based fears and natural fear or 'wholesome fear' which are biological fears.

So, I talked in the last part about the direct approach; that physically, emotionally and mentally, that we break up the fears like we break up a block of fear. So now I want to talk about another approach, which is more the passive approach, indirect approach or perhaps I can call it the feminine approach; and its link to the Ida Nadi which is more the left side of the body, and more connected to the second, fourth and sixth chakras.

Fear does go through all the chakras, although it is based in the 1st chakra - the roots of fear are in the 1st chakra, but fear affects every chakra. And we need to find solutions for every chakra, we need to find the solution for fear in every chakra. But especially in this feminine approach, indirect approach, it's about love.

**Love and care** - so the other approach was like "break up the block, break up that block, break up that rock upon the lava that is suppressed by the rock, that caldera on top of the Volcano. Break it up, let the lava breakthrough." But we can also say that fear, especially when we feel frozen by fear, is like another block, a block of ice. Now we can also break up that block of ice, we could take an ice-axe, we could break it up into bits. Or with the indirect approach we could put it under sunshine, under a source of heat. Take it to the sauna (laughing) put a big block of ice into the sauna - what will happen? We warm up the ice, and it will melt, of course. What is warmth? Love! Love is warm. **Love is like the sunshine.**

"I love you" and I will feel warm. "I love me." Can I really allow myself to love me? Of course, it is easier for me to say, "I love you." It is a bit more difficult to say. "I love me." That is really important right now. Especially at this time when many of us are forced to live in quarantine. I'm in lockdown, I'm completely alone for the last three to four weeks. I only go out to the supermarket once a week... I see just a few strangers; I have my mask on. No hugging, no chatting, although through the Internet we can have a bit of talk with my good friends. We can have a chat and we can do meditations – that's is great. But, of course, I'm missing the physical intimacy. And I am sure you are also. So, how to love and take care about selves now? Many of us are realising that "I am so busy in my daily life, that I don't have time to cook." Or with eating take-out food, we tend to eat junk food. So, now many of us have more time what now I have to have time to really think about what I am eating.... I can't go outside for exercise, but now I feel I really do need exercise. I can feel it is not just an idea that someone on a YouTube video telling me that I must exercise. It is not just the government telling me that I must exercise 30 minutes a day. I can feel it in my body. I can feel the need to move this body. The body wants to move. So, moving the body is a way to feel warmth, not just physical warmth. I feel I can start to enjoy myself.

## **Love, self-love, loving myself is also a way to dissolve fear.**

Now, this second approach is not just love, it is also acceptance. That means when I am afraid, I don't need to judge myself, I don't need to say, "Hey, I am bad, I am a coward. I should break my fear, I should go beyond." There is a lot of information about that. "Hey, go beyond your fear. Conquer your fear. Be free from fear." What nobody tells us is, it is okay to be a coward. It is okay to be afraid. What if I could say that to myself that, "Hey, it's okay that I'm afraid."

Now, of course, especially that is going to be totally fine with those biological natural fears, or what Lama Zopa Rinpoche calls "wholesome fear." It's natural to take care of this body. It is natural to feel this mechanism of the body that wants to run away or to fight with it is afraid of. Or that is frozen because I am afraid. These are just natural reactions in the muscles of the body, which are triggered by the hormones, which are triggered by the stimuli of things that outside me that pressure me or make me afraid based on biological survival mechanisms. If I can tell myself, "Hey, it's natural to be afraid right now, it's natural that my body feels tense. I just need to give myself a little bit more love and care."

Loving and caring for the body, but also loving my loving my fears. Accepting my fears, not judging, not pressuring just saying, "Hey, it's okay, it's okay that I am a bit lazy today. It's okay that I don't want to do anything, I just want to watch some Netflix films, I just want to relax. Because I push myself so much...." Sometimes the way to become free from fear especially not to push yourself away from fear not to push the fear away or to break the fear. But to **accept that 'I have fear,'** just relax, just dissolve it.

That is the interesting thing. It is not logical it is really is an existential truth. You can just try it, just accept yourself, that "I am afraid. It is natural right now." But still don't let all those thoughts go crazy in your mind. Keep a bit of awareness. With acceptance, we still need to keep a bit of awareness. Not to let those mental thoughts go crazy, the proliferation of the thoughts, that panic leads to panic. Slow down, slowing down really helps a lot.

And also taking care so the health. Physical body, physical health. It is a great time now for "what can I do to take care of my health now?" Taking care of my health is a form of loving myself. Now some of us are not locked down alone, but we are with our family, or with an intimate relationship partner. That also brings up a lot of issues. We will deal with that in in some other videos, we will talk about how to deal with family. Or intimate relationship issues that are coming up, because of being have forced to being close together with each other right now. But many people are saying that they really are appreciating this lockdown, because they have time to spend with their family. They have time to spend with their loved ones and to really value this relationship. Now, there are, of course, some unpleasant, painful news of people that are forced to be locked-down in a relationship that is abusive. So that is really disadvantage. I am sure we are going to hear a lot about that in the future. I am sure that I will have clients in the future, that will remember this time as a very scary time to be at home. But on a positive level, those of us that have the ability to work on our relationships, to make them more loving. This is a valuable time, to really work on our relationships. To be supportive of each other.

When we are both, or all of us as a family, we are all under threat. This gives a sense of unity. When we are both under a threat, it is not just me or you. We are not just individuals, but we feel we are in this one boat together. This really brings unity. It could be family unity; it could be marriage unity. We might have our differences. "I am arguing my point of view, you are arguing your point of view." But now the virus is something bigger than us and that brings us together.

That togetherness is, of course, a form of love. And when you're afraid and you can share with someone, "Hey, I feel afraid now." That is going to dissolve the fear. It really helps if you can share openly, honestly that, "I feel very anxious or not sure what is going to happen. I am afraid for me; I am afraid for us."

Share with each other, **open up your hearts**. Hug each other, if you are allowed to hug each other. If it is not dangerous to hug each other because of the virus. But if you are in a family together, it probably is okay to hug each other. So, sharing together with someone that you really love and trust, is a great healing for fears. Now on a higher level of love, we have compassion. **Compassion is love** on a collective level, it is more on a mental level or a spiritual level. It really opens up the heart, but it also opens up the spiritual level. Compassion is love for everyone because now it's not just me and my beloved are under threat, it's not just my family that are under threat. It is me and all of my society, or me and the whole humanity. Because this virus is a threat to all humans. It doesn't matter if you are the King, the Queen, or if you the beggar on the street, or the businessman, the politician - you know - the Prime Minister of England was in hospital, the Prince of Britain who also got the virus. Many people are saying that the virus is a great leveller. Because you are human. We are all human. We are in this boat together. That helps us feel, "Okay, if all humans are under threat, then I can feel more compassionate, more empathy for all other humans. It is not just scary for me; it is scary for everyone."

And this coming up, this is being expressed with gratitude. Which is also a very spiritual quality, a spiritual level. Or at least it is a mental level, a positive mental level of the love approach to dissolve fear. Gratitude, especially now it is being expressed to the doctors, the nurses, the health workers who are really putting themselves in danger of catching the virus. And people are really respecting that, they are feeling really grateful. And that is beautiful.

Why does gratitude help dissolve fear? Because as I explained two of those types of fear are ego-based - the individual and the collective. Ego wants... "I want to live." This thing, this entity, this person that I am ... "I want to live." The ego brings up selfishness. It is, you know, like the egoistic person in the supermarket will fight another person for this toilet roll. "This is mine, I want it."

People can get in conflict because they want to take care for themselves. So, there are certain types of fear, that are ego-based. And ego brings suffering. The weird thing about the ego is sweet in the beginning and bitter in the end. For spiritual development, the ego is a sweet poison. Sweet in the beginning, but it really prevents your spiritual development. So, when we feel gratitude for someone other than us, it takes us out of our ego. Then we are out of our suffering. That's why people feel happy when they feel gratitude.

So, I really suggest now if you can... First, love yourself... Love close ones, your intimate partners, your family. But also love those health care workers, and you express that in gratitude. And also, on a higher level of compassion is not for humanity, but for all animals. Although they might not be under the threat of the virus, they are still under threat from the too many people on this planet, all the pollution, all the plastic. I am recommending to many of my students, please do not forget the wildlife now. If you cannot do something physically, then please give some financial donation to some wildlife organisations. Because that is 'compassion in action.' That is not just saying some nice words, it is doing something. Contributing financially, although contributing physically would be even better if possible. Compassion not just for you, or your family, or to humanity, but to the whole nature... compassion extend to the whole universe is saying yes to life. And 'yes,' is an antidote to 'no.'

**'Yes,' is love. 'No' is fear and 'no' is death.**

I will continue in another part.

### Freedom from Pandemic Fears - Part 5/7

It is Samudroprem of Awakening Psychology continuing this talk on fear, the chakra system. Especially the fears that are being provoked by the pandemic, the coronavirus in 2020. So, I have been talking about different categories of fear. Individual fear, collective fears – which are both ego-based fears. Natural fear, biological fear. And I talked about three ways to freedom from fear. So far, I have talked about the Direct Approach – try to break up the rock of fear. I also talked about the path of love, of acceptance, of melting the block.

So, now I want to talk about the third way to become free from fear. And this is linked to the third energy channel, that links the seven chakras – the *Sushumna* channel, the *Sushumna Nadi*. It goes up the centre of the seven chakras, it goes up the middle of them all, right up the middle of the body. Up through the seven centres of the chakras. The major theme of the sushumna, is **growth**.

Now, it could be on a very basic physical level. Like, “Okay, am I developing my fitness? Am I doing yoga, going to the gym, doing Pilates, eating good food, doing HIIT exercises, just whatever ...? If my body is not developing its health, then in a way I am not growing. So, now I am not just talking about physical health or growing older but also about growing in health, staying healthy. That helps energy rise up. But on the emotional level and the psychological level – are we developing psychologically, are we interested in personal development? Like, what I am talking to you about now, this trying to help you understand fear. That is helping you to develop and to grow beyond your fear through understanding, through a balance of action and love.

Balance is going to be very helpful. Sometimes you need to be active and sometimes you need to be passive. Sometimes you need to break your fears and sometimes you need to melt your fears. That balance will also help your grow. Also, many people are finding that now we have extra time, “what am I going to do in my house? I can paint it?” Okay, that is some sort of growth, some sort of improvement. But now is a really good time to do more seminars, or webinars now. Development, do psychological webinars.

But the main thing is to always try to find something new, don't just sit there and repeat what is old. If you are not growing, you are not moving, you are staying stuck in your fear, staying stuck in your tension or you are staying stuck in your beliefs.

I mentioned before, all these conspiracy theories, which you can guess that I don't believe in them myself. I am more of just a really practical person. I want to deal with this virus in a practical way. It doesn't really matter if it is a bioweapon or if it was leaked out of a laboratory, if it is linked to 5G, which I think that conspiracy theories are just the ego's attempt to remain in control.

But on the mental level those beliefs are what our mind wants to cling to. It is a blockage in the fifth chakra to really to believe in something. The ego needs it, but also the fifth chakra needs it. Because if I can believe in something, then I feel safer, I feel protected. You know, if I believe in this theory, I feel protected.

But to go beyond the fifth chakra, we have to go beyond belief. You have to question your belief. So, what can help me go beyond belief? I have to find out if it is really true. Oh, okay – for example, there is this theory about 5G being a cause of the coronavirus. Some people are saying it is nonsense, other people are saying it really is. Right, so, you could just believe it, you could believe one way. Or you think, “that is nonsense, people who say that are crazy” – but that might be a belief. Or it could be if you are on the conspiracy theory side, “It is all those... They are always doing it, all those people ... the Bill Gates of the world, they invent these things... they want to sell the vaccine, so they have to create the virus, so we have to create a vaccine ... and they are just doing it deliberately” – so, that could be a belief.

Now two opposing beliefs. A belief in what the governments are saying, the established theories. Or the belief that any anti-establishment - that is true. So, how to go beyond? Investigate. If you are really interested in this 5G or vaccine, virus conspiracy theories, investigate it. Or, if it is coming from the wet-market, the virus is coming from an animal species, investigate! That is what scientists do. Science actually helps the fifth chakra to open up.

But not the type of science that says, 'that is not right.' Science, real science always investigates both sides of every argument. If I listen to this theory, or I listen to this other theory. Then I try to investigate, then I do some experiments if possible and find out, by testing, testing and testing, I find out what is the fact. Then with the facts I can see things clearly. Then I am not in a belief. Then the energy can start to come up to the sixth chakra. Then, I start to see, "Oh I believe in this because I see it like this. Or I believe in that because I see it like that. Why? Because my history of who I am gives me.... I am susceptible to believe it this way or that way. So, I am a mystical type of person, I am an artist or I am a musician, I am an anti-establishment person. Therefore, anything the government says is wrong." Or, "I am a scientist, I am a psychologist, so I know that I have to investigate everything. And therefore...." You know, this is the exoteric and esoteric argument that continues... So, as the energy comes up to the sixth chakra, which is where we have to look, "what is my perspective? Why am I seeing things in this way?"

The ego also exists in the sixth chakra and it also influences the way we see the world. I see the world the way I see it because of my history. Again, that is the ego. "It is my history, because I have survived all the years of my life. What I have experienced must be right. I must be right and others must be wrong." Ego always wants to be right. Everyone wants to be the emperor of the world. Everyone wants to be a god. And everyone thinks that my theory and my perspective of life is the right perspective. We all have an illusion that we are gods.

How to get out of the ego, how to get out of the beliefs? On the third approach, the **Neutral Approach** to how to get beyond fear is to develop. To learn something new. Question your ideas. Investigate. Look into things with detail, not only outside but inside. **Investigate your fear.** "Where does it come from? How long have I been feeling it? How do I feel it physically? How do I feel it emotionally? Which thoughts are linked to my fears?" Investigate inside. Separate the experience of fear from your consciousness. By investigating you are seeing, "Oh, my body is not me. My emotions are not me. My thoughts are not me. I am my consciousness." And that helps the energy to rise up all the way to the seventh chakra, to the fulfilment of all the seven chakras. There is a bit more, there is one more part of the video, hold on....

### **Freedom from Pandemic Fears - Part 6/7**

Okay, another part of this video talk about fear, the chakra system and our fears about the pandemic, the coronavirus of 2020. So, I have been talking about three categories of fear. I have been talking about the 5 fs. Fear, fight, flight, freeze and freedom. I also talked about three ways to freedom: The Active Approach – to break up the fear, investigate the fear; or love yourself; and keep developing, keep growing, keep finding what can be new, self-development. Now I want to talk about some resources. The three ways to freedom are resources, but now also there are some other things that are resources.

First – STOP! When you are afraid – just stop, if possible. Of course, if you are in the middle of a busy road, and a truck is coming, you can't just stop. You have to get out of the way, of course. So, you know, perhaps not with the physical or biological or natural fear, but with the mental fear. When you feel fear, especially with all those thoughts, those emotions running, just stop.

Stop feeding the fear. Just stop for a moment and look. Now, it also means stop your reactions. When you are fighting other people because they are pressuring you. Actually, when you fight, you don't really show that you are afraid. Because the fighter shows some bravado, shows that, "I am strong." But actually, they are afraid inside. The strong person is actually hiding a lot of weakness. They are afraid to show their weakness. They fight out of habit. But they feel pressured. If you are a fighter and you are reacting against people who are actually causing you to feel afraid, just stop for a moment and look inside. Or if you are the fear-type person, always running away, the coward type person, you run away from any danger, you run away from any pressure. And you find, "I am running away again." Then stop. Or, you are the freeze-type, "I don't know what to do. I don't know how to react." Then stop – even though you are stopped, you are not really stopped. Something .... The distinction is maybe subtle. You might be physically stopped, but you are not emotionally stopped. Inside you are still afraid. And that fear makes you freeze.

So, you can just practice this physically. You can just stop, stand, close your eyes, look inside and ask yourself, "Why am I afraid right now? Do I need to be afraid right now? Is there really danger here?" So, if for example I go to the supermarket and someone walks closer to me than the two meters social or physical distancing rule, and he coughs quite close to me. That is a possible danger. But I am not going to stop in that moment. I am going to walk away. But after I will look, "Okay, was that the best response? – Yes, it was. I kept myself safe." But if I ran away perhaps because I was in panic, or I fight the guy, "Why are you coughing so close to me?" That is a reaction.

So, I recommend, just be practical. Take care of yourself in a calm way. Because if you are escaping quickly out of panic that is. Then the more panic you feel, you know, maybe you will trip over. (*Laughter*). You are so busy running away from the person coughing, you trip over and your facemask slips, you fall down, and you cause yourself an injury. Panic can often cause something worse than what you are afraid of.

So, try to stop, if possible. But if it is a mental fear, maybe not just the virus, but if there are other things causing you to feel afraid in your life. Just, stop for a moment. Look inside, "is this really real? Is there really danger right now? Is it dangerous to my life or is it just dangerous to my ego or to my personality? Am I reacting or am I escaping because I don't like what is happening? Why don't I like it? How did I react in the past? Now how can I react?" Then you can open your eyes and respond to this moment,

Actually, there is another Buddhist approach to how to get out of fear. It is just to take one breath. It is said to be from the Mahamudra tradition, a breath meditation called, 'One Breath.' When you are in fear, just take one breath in, one breath out. But the trick is to be fully conscious as you breathe in and fully conscious as you breathe out.

When you do that you separate your consciousness from the fear. You come back to your consciousness. And when you are in your consciousness, you are free from your fear. Fear is either a physical reaction which is natural and your need to move to get out of danger. Or it is a psychological reaction to an unreal or ego-based danger. Those are the fears that we need to work on.

So, whether it is the 'One Breath Meditation,' or the 'Stop Meditation' which Osho has suggested. For example, in 'Dynamic Meditation,' we stop for fifteen minutes and we just watch. Fifteen Minutes intensely, look, look, look inside. Not doing anything, not moving the body, just look. This is an amazing meditation. The stop technique that Osho has used so many times. He would dance with us, and then, "Stop!" Because when you are busy, and you are involved physically, emotionally and mentally in something. It is like all the gears, all the cogs of an engine that are moving, moving, moving and then "Stop!" Then suddenly you go into the centre.

From the cyclone, you are in the centre. And once you are in the centre, then energy rises up all the chakras and then you are in the spiritual dimension. So, the Stop Technique really helps. If you can just stop, look and be here-and-now. This is what the Stop Technique is really about. Be HERE. Be NOW.

Because fear is not here – unless it is the biological danger, then it is here and then move. Alright, but if it is a mental or an emotional fear, it is because of the past. Or because of anxiety for the future, which is just an extension of the past. So, with the emotional or mental fears: stop, look, be here, be now, look again, “do I need this fear? How can I respond to this pressure? How can I respond to this situation?”

I often like to teach about the ‘Camel-Lion-Child’ it is Osho version of Nietzsche’s teaching. The camel is afraid, it runs away. The lion roars, it fights. But the child, the spontaneous creative child, responds to life. The camel and the lion are reactions. Fight is a reaction, Flight, escape is a reaction. But response, is a conscious response to this moment.

“So, I am under pressure. Okay, what can I do? Stop, look, see, what is really happening. Now I can do something.” So - stop, look in, open your eyes and then respond to life.” It is a great resource. Another resource is trust. **Acceptance and trust.** It is similar to the approach of love, melting the fears – trust life. Okay, the virus has happened, maybe it is teaching us something. If you fight with life, you will be angry, you will be afraid. What good is it going to do? If you are fighting with the virus? – Which is impossible to do. So, next people are going to fight the government, they are going to fight the lockdown. Is that really going to help?

Trust there is something valuable for us to learn in this moment. Maybe for me it is to do these videos, to share my vision of life. Maybe there are other things. I am seeing that people are beginning to appreciate the Health Service, they would not appreciate that without this danger. They appreciate their friends; they appreciate their family. A lot of appreciation and gratefulness is coming now. People are understanding – some people are praising the women politicians rather than the male politicians. And people are seeing that the male politicians reacted too slowly. But the female politicians reacted much faster – because they care! They care for the people like a mother cares. So, people are seeing. “Oh, maybe the women leaders are maybe better for us.” And who knows that maybe in the future we will look back at 2020 as the year that the world realised that we need the feminine approach. We need nurturance and love. Not competition and fear. We need love and co-operation and helping each other. And that comes out of trust.

**Trust life.** Trust even this virus – not that I mean go and breath in the virus somewhere. But trust that what is happening, is what Life wants to happen. So, let’s see what is the best that we can make out of this situation. And if you really trust life, your inner guide develops. Trust develops your inner guide and your inner guide will take you to be in the right place in the right time for you.

Okay, I was saying that we have got a few conscious resources. A few resources that can help us. Stop! And trust. But also... and also, we can do the Direct Approach, the active approach, do something... We can love ourselves more, or we can grow.

Actually, there is one more thing that I would like to say. So, I will extend this video but I will make it another part.

## Freedom from Pandemic Fears - Part 7/7

It is Samudroprem of Awakening Psychology, I am talking in these videos about fear, the Covid-19 virus, the pandemic, how the fears relate to our chakras and different types of fear, I talked about 'The 5 Fs: Fear, Fight, Flight, Freeze and Freedom.' There is another, a 6<sup>th</sup> F – **Fake**.

Fake news - it's everywhere. I talk a lot about conspiracies theories. I talked about two sides of the argument some people believe in the conspiracies, and some people say it's all nonsense. In the last few years has a lot of this keyword fake news, or false news. Now, fake news or false news is also based on the ego. The ego needs to feel that it exists so it wants to spread ideas, it wants to spread its opinion. Now, you know, there are people who say, "this person is talking nonsense." Other people say, "No, that is not nonsense, that is the reality." So, this is a big thing going on.

If we try to use some of the resources that I was talking about how to become free from fear. One of them was to: Stop, look and then respond. Now, if we can respond intelligently. If we can really investigate our reactions, to look where do they come from. Then perhaps we can investigate what really is real news and what is fake news. You know, again I could be getting into a controversial area that I support this concept and against that concept, "this is real and that is fake – no, that is real and that is fake." But I always try that my teachings are not supporting either side of the duality.

Although I might have my opinions, I try to base my opinions upon an intelligent review of all sides of an argument. I try to find out all the facts involved before I make a decision. And a decision will be based on what is needed here and now, what will help me grow in more love, what will help me grow with more intelligence, what is more creative, and how can I develop more? Perhaps that is the truth, what helps me develop as a more conscious and more loving person, that is what is real for me.

And when I see people spreading fake ideas, why is it fake? Because it's a belief that they have not really investigated. I see many of my friends are posting things that they saw on the internet. And they instantly believe it! And they did not realise, that this is just a viral post, that wants you to click on it. It is rally curious why people love to spread false news. Some of them are doing it because they have been paid. They get some financial reward for get clicks on their posts. Or it is just their ego. They just love to get attention, even negative attention, it is food for the ego.

If you see some friends that are reposting something that they had not investigated themselves deeply ... you know maybe they are believing in 5G as the cause of the virus. Okay, investigate it, where is the evidence for that. If they can't find the evidence but they just have they have a feeling about it, at least they could say, "I don't know but my guess is... I have this feeling it is... because of this because .... I'm suspicious because .... "At least if they could explain why they believe in that post, their posting. Or back it up with real practical evidence, proof.

And I am not saying that all the governments, all the establishment, and all the scientists are right. Maybe there also telling us things according to their viewpoint. Maybe they just want to be in their power positions. Many of the politicians are interpreting this period, that the world is in - in a way where they can remain in charge. Where their ego is boosted by being the important person who's telling everybody want to do. When they can feel, "I am in charge, therefore I exist, I am the one that won, I am the 'Emperor of the World.'" ... "I am the one that helped everyone become free from the virus." Everyone would love to be that, "That I am the one that knows." The ego would really love that. So, maybe those government controlling type people are not really acting out of something that will really help them to develop, or help you to develop.

So, please if you reposting something on the Internet, to make sure that it's not fake news - investigate! Is it really real? Where is the evidence for it, where are the facts? And, importantly, why do you really have that viewpoint? What is your position on this particular topic or argument? So, that is the 6<sup>th</sup> F – transform fake news into something factual.

Now, **the seventh F** – I am not supposed to say this word. It has four letters; it also begins with F and it is to do with our first chakra and to do with our life energy. In the first chakra we also have sexual energy. Actually, it is a difficult time if you are in lockdown, and you are alone, without your beloved partner, without your f\*\*\* friend. Your very intimate friendly friend. How can you practice the seventh F word?

Because that also really helps you get out of fear, you can really move your life energy with fun with a friend. Enjoy! Or even some governments, I think it's the New York State government that has also said out the safest sex now is to be your own lover. What to do?! 'If you can't be with the one you love - love the one you are with.' And if you are the only one that you are with - enjoy your natural life. Give yourself some fun, give yourself some pleasure, move your life energy.

So, these are seven Fs - First F = Fear; Second = Fight the fear; Third - Flight from the fear; Fourth is the Freeze because you are afraid; Fifth is we are looking for the Freedom from fear – and there are different ways to do that: the active way, breaking and releasing the physical tensions from your body and investigate your mind, investigate the thoughts you believe in; the loving approach - love yourself, love others, love the whole humanity, love the whole world; and keep growing, keep on doing something new to develop yourself. Those are the resources, also the 'Stop' technique if you are afraid just stop, look inside, "is this is real?" Then open your eyes and respond to life. And trust - trust life. Trust that whatever is happening is the right thing, right now. Follow your inner guide. Now, the 6<sup>th</sup> F – fake or false, don't post anything that's a fake news unless you know that it's really factual. Fake or false news needs to be factual according to your understanding and evidence. Oh, and please do not proliferate the fake and the false fears that are spreading around the world. So, only give energy to what factual and real. And the 7<sup>th</sup> F – have fun, enjoy your life energy. Dance, celebrate. Love yourself, love your love-partner, enjoy your sexual energy together and that is also going to move your life energy in your first chakra. And that is what we need to do – to keep moving. Physically move – move your body. Move your heart. Use your mind intelligently, have fun and then you will be free from fear.

Alright, friends, thank you for listening. I am Samudroprem of Awakening Psychology.

Now I recommend that you can watch a of Osho talking about fear

<https://www.youtube.com/watch?v=Q0-xd5mBS6c> from Osho's book, Beyond Psychology #19, Question 2.