

# Inner Silence

By Brian Germain

Although there is much to be said about the process of transcending fear, one thing ties them all together. It is inner peace.

Fear is created by thought. More specifically, fear is dwelling upon and repeating our negative thoughts, obsessing about realities that we do not wish to see happen. The only way out of this mental trap, then, is to create the cognitive space for something else. This can only occur when we let go of our current thoughts and return to the present moment as it is. This is the space without thinking, the simple observation of the now. By placing our focus on our breathing, we can let go of the images and ideas that are bringing us down and open the door for more positive imagery to flow in.

This is not an easy thing to do, but it is far easier than taking the huge step from feeling bad to feeling good. In most cases, we do not have access to the state of happiness and well-being when we are in the grips of worry and full-blown fear. It is not the same room in the house. The intermediate step that allows us access to a more positive, constructive state of mind is silence.

We know that we want to be happy. That is not in question. It is just that we get lost in our addiction to drama and negativity, and we lose our connection to feeling good. We must remember that the state of well-being is not only the consequence of things going well in our lives, it is the creator of it. Our thoughts, and our emotions, create our experiences in ways that we cannot see.

When we get down and out, and we cannot see the light at the end of the tunnel, we must first recognize that we have lost our connection to our intended state of mind so we can do something about it. We must stop what we are doing, stop what we are thinking, and simply be for a moment. When we do this, the negative mindset loses its grasp on our experience, and the positive thoughts begin to come through. This is our natural state of our consciousness. Happiness is who we are. We must simply release our patterns of negativity to let ourselves feel the inner bliss that was waiting for us to take that deep breath.

Happiness is something that you must maintain deliberately. Your world will always be full of experiences that have the potential lead you in the opposite direction of everything you want: joy, abundance and love. Fear and hopelessness will always show up, and it is your job to remember that this is not what you desire. When you dwell on these kinds of thoughts, you are simply complaining about your life, and you are doing nothing to break free of these conditions. The only way to create your world the way you want it is to realize when you are not happy; that you are vibrating on a lower frequency, and let that feeling



go.

The opposite of fear is and always be love. The definition of love, of course, expands beyond the conditioned images of romantic love. The love that is in opposition to the experience of fear may also be called Joy. Loving your life for exactly what it is right now is the only way to expand on the good things and leave the bad things behind. When we let ourselves have a good time, in a lighthearted manner, we are not in the state of fear. When we do that, we are radiating the feeling that will create experiences that bring about more experiences that feel like that.

You have a choice. You can let your mind resonate on the frequency of fear, mirroring the vibration of the world, or you can choose to look upon the things that make you love your life. It is up to you. You have the power over your mind to deliberately focus on the things that make you happy, that which you appreciate about your life. If you take that road, nothing can stand in your way. No external condition can sway your focus away from the joy of life if you choose to repeatedly bring your attention to the many positive attributes of your experience. Your happiness is solely up to you.

But you already knew that...

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