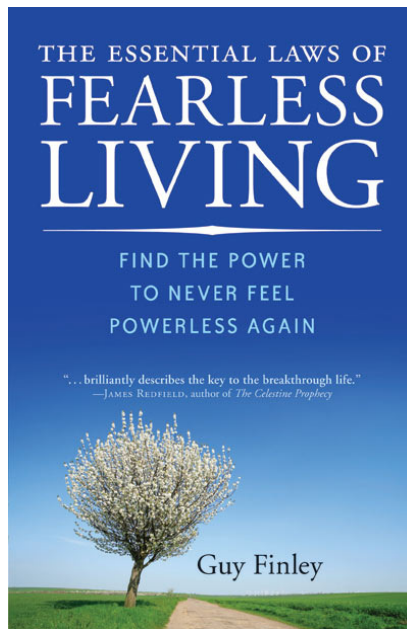


The Essential Laws of Fearless Living

Find the Power to Never Feel Powerless Again



Author: Guy Finley
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■ The Big Idea

Open your eyes to the wise and gentle presence of a bright new power that already lives within you... enter its timeless kingdom where fear, doubt, and despair cannot tread.

The Essential Laws of Fearless Living is a step-by-step manual for all who aspire to realize their ultimate potential as a human being. In its seven chapters of forty concise essays, Guy Finley explores deeply personal and meaningful ideas, revealing the secrets of the universe itself; but he does so in a way that makes the journey fascinating, compelling, and comforting at the same time. A great hope fills the heart that the untold mystery of human existence has not only been revealed, but solved.

■ **Why You Need This Book**

This valuable, step-by-step book brilliantly presents the most important key to the breakthrough life. This book will bring you multiple ways to awaken your potential with what you are today.

At the close of each chapter, readers are given specific insights and practical exercises that empower them to make real and lasting changes in their lives. Loneliness, stress, anger, and fear are replaced by contentment, ease, compassion, and freedom that never fade away.

■ **I – Welcome the Light that Makes Life Bright**

Let Go and Grow Beyond the Limitation of Illusions

There is no brighter gift, no greater potential given to us human beings, than the presence of a timeless Light within us whose power makes all things possible. Its celestial character knows we have not been created to live as the captives of any fearful condition, let alone those we unconsciously create for ourselves.

Before we can hope to let go of all that is not our own – with all of the painful relationships attending these mistaken conclusions – we must be able to see them as much, beginning with this revelation: No fearful sense of limitation or inadequacy belongs to our True Self. As we awaken to see this truth, by the Light of what is real within us, we also make this most astonishing discovery: We already have everything we need to succeed.

We must begin the necessary work of welcoming the Light that leads to letting go; our soul task is to release ourselves from an unconscious relationship with a false self whose imagined conclusions – about how to find lasting peace – are the secret source of conflict on this planet. Then, liberated by the Light of understanding, we will enter and know – as our own – a brand new world in which happiness and wholeness are one and the same.

Special Key Lessons in Review

1. The main reason to hold our chin up whenever some negative thought tries to drag us down is that whichever direction we choose in that moment is the one we will follow. As goes our attention, so comes our experience.
2. To flee the fight, or be the Light, that is the question!
3. Knowledge without Spirit is like finding yourself on a cold night with all the wood in the world and not a flame with which to light it.

4. If you will do what you are doing in the moment, you cannot undo yourself.
5. One thing that makes negative states so difficult to drop is the illusion they create within us that no choice exists other than to cave in to their punishing presence. But, in truth, it is not we who are without choice in such moments: it is the negative state that has no choice but to disappear once we remember that no darkness is greater than the Light.

■ II – Build the Foundation of a Fearless Life

Be Your True Self and Be Fearless

The following three insights are designed to help us look at our old, familiar fearful reactions in a whole new way. But taken altogether, these key ideas tell the story of a whole new kind of self-understanding powerful enough to penetrate fear's protective shell – dispelling both the feared and the fearful at once. The Light that remains is freedom.

1. Self-awakening, and the new order of freedom that attends it, begins within seeing through what is not real, just as freedom from the terror of a nightmare begins with discovering you've been asleep, having a bad dream.
2. No fact is frightening unless it runs into conflict with what we want. When this happens, the fear is not in the event, but in us – we who have decided that in order to feel secure, life must jump through our hoop. So the fear we feel is in our hoop, not the fact that life has jumped unexpectedly.
3. It is in our power to discover that who we really are has nothing to fear, but that we make ourselves fearful each time we look outside for some power to make us feel fearless.

Start today, this very moment, to cut yourself loose from any fear that promises that freedom from its troubled presence will be found somewhere outside of you. Stop looking for an answer to what pains you; don't try to resolve the presence of a fear with the same mind that creates it.

Special Key Lessons in Review

1. Reliving some past pain with the idea that by doing so you won't have to go through that suffering again is like throwing money out of the window so you won't spend it foolishly later on.
2. True fearlessness is knowing that we are made for whatever happens to us whenever we are willing to let ourselves be remade in that moment.

3. Fear is the bitter fruit that grows out of this unchallenged belief: Unless we struggle to satisfy our own desires, we shall never know fulfillment.
4. Fear and anger – as is true of all negative states – are “undercover agents.” Their “soul” task, in any moment of conflict with life, is to rush in and cover up any possible impression that would otherwise reveal that we don’t possess the “powers” to which we pretend.
5. Either we live in the freedom that we know is real – choosing to embody it in the moment, regardless of the cost – or we wave a flag called “liberty tomorrow” and suffer the indignity of serving what has already betrayed us.

■ **III – Break Through the Illusion of Limitation**

The Secret of Having Everything You Want

Here are two lists that not only will make these life-healing ideas more personal for you, but that will help you to make a higher choice when it comes to what you really want from life. It would be valuable to study and then compare the lists to each other. You may wish to add to either list some of your own insights.

Let’s look at what happens when you want what you want:

1. You are often nervous and anxious because life may not cooperate with your plans.
2. You are willing to sacrifice whatever it takes to get what you want, and this may include integrity.
3. You are usually scheming in some way to win your next victory.
4. You are either in a battle or recovering from one.
5. You are unable to rest quietly when you need to.
6. You are easily angered when someone or something gets in your way.
7. You are forever driven to want something else.
8. You are against anyone else who also wants what you want.
9. You are certain that what you have is who you are.
10. You are always trying to convince yourself that you got what you want.

Now carefully consider what happens when you want what life wants:

1. You are never disappointed with what happens.
2. You are always in the right place at the right time.
3. You are quietly confident no matter what the circumstances.
4. You are out of the reach of anger and anxiety.
5. You are awake and sensitive to your surroundings.
6. You are free of ever feeling as though you've missed out.
7. You are never thrown for a loss.
8. You are in total command of events.
9. You are mentally quiet.
10. You are eternally grateful.

Special Key Lessons in Review

1. The true source of abundance is the silent mind, for in its fertile quietude rests all potential, all power, and all promise.
2. The past is as powerless to darken the present moment as is a shadow to reach up and drag down the form that casts it.
3. No one is free who thinks that he is; he is free alone who no longer has any need to think about himself at all.
4. Work to connect yourself to the "allness " of life, instead of identifying with the smallness of it, and you'll awaken to a greatness already living within you that is no more bothered by the little things in life than a mountain is made miserable by the rain that falls upon it.
5. Your True Self cannot be made a captive of any dark condition any more than a sunbeam can be caught in a bottle.

■ IV – Take Conscious Command of Yourself

Stop This Secret Self-Sabotage

As always, the best way to begin any journey of self-discovery is to gather the Light we'll need to succeed. Your consideration of the two special insights that follow will start you down the path to a whole new kind of self-command.

1. Any person you feel the need to control or dominate – so that he or she will treat you as you “think” you should be treated – will always be in charge of you... and treat you accordingly. Why? Because anyone from whom you want something, psychologically speaking, is always in secret command of you.
2. Any action you take to appear strong before another person is actually read by that person as a weakness. If you doubt this finding, review the past interactions and results of your own relationships. The general rule of thumb is that the more you demand or crave the respect of others, the less likely you are to receive it. If you've ever tried to raise children, you know this is true. So it makes no sense to try and change the way others treat you by leaning calculated behaviors or attitude techniques in order to appear in charge. The only thing these clever cover-ups really produce is yet another source of secret inner conflict, which, in turn, only fuels further self-sabotage. Besides, what you're really looking for in your relationships isn't command over others – but over yourself. So what's the answer?

Stop trying to be strong. Instead, catch yourself when you are about to act from weakness.

Don't be too surprised by this unusual instruction. A brief examination reveals its wisdom. Following are ten examples of how you may be secretly sabotaging yourself while wrongly assuming you're strengthening your position with others.

1. Fawning before people to win their favor.
2. Expressing contrived concern for someone's well-being.
3. Making small talk to cover up nervousness.
4. Hanging on to someone's every word.
5. Looking for someone's approval.
6. Asking if someone is angry with you.
7. Fishing for a kind word.

8. Trying to impress someone.
9. Gossiping.
10. Explaining yourself to others.

Special Key Lessons in Review

1. Any concern over what others may think of you is a secret form of captivity, an unseen prison cell created by the false and painful belief that you are real – and your life worthwhile – only if others say it's so!
2. The true individual is one who doesn't need approval of others in order to know the peace of mind he finds in being just himself.
3. If common social convention – with all its contrivance and hypocrisy – has one redeeming value, it is this: The happy day may come when we realize that our lives have been spent conversing with thieves, making plans with liars, and listening to promises of people, most of whom are incapable of a single act of integrity. This day of our awakening is the same as the delightful date of our departure from a bankrupt world filled with beggars dressed as kings and queens.
4. That we should search only our own conscience for confirmation of what is good and true is the best definition of integrity. For that which is good and true is not social in nature, but spiritual in need and in deed.
5. Psychological irritation is an indication of having been in a waking dream out of which we have been suddenly made to awaken.

■ V – Realize the Invisible Heart of Happy Human Relationships

Take the First Step to True Independence

Here are three friendly facts to help us let go and grow more spiritually independent:

1. No matter how it may appear on the surface of human events, self-interest governs individuals.
2. You can only depend on others for as long as it pays them to tolerate your dependence.

3. Even the typical display of human kindness or benevolence comes not from that person's compassionate nature but from his unconscious desire to enrich himself with the intoxicating feelings of being a good person. Forget to thank him or acknowledge his generosity, and watch how quickly his goodness turns into repressed resentment or outward indignation.

There is a secret and miraculous part of yourself that only reveals itself when you are willing to stand in the light of the truth about yourself and others. Welcome this light and you will discover that a wise and uncompromised inner strength is patiently waiting for you to fulfil the laws that govern its entrance into your life.

Special Key Lessons in Review

1. The pretense of kindness, of being loving, does not make those qualities real in us any more than an actor who plays the role of a talking tree in a play by Shakespeare is endowed with the strength of an oak!
2. It is not our duty to suffer over what will be or won't be – to live with painful regret or guilt over what was or wasn't. Our sole task is to be responsible for what is – and to allow this relationship with life to produce what it will.
3. Deriving our sense of self by identifying with the dilemma of another is like going to a tailor for a new suit and leaving the shop dressed in the clothes we were wearing when we walked in!
4. Learn never to blame another for the pain you feel, nor to complain about anything that life brings to your door, but this doesn't mean to be accepting of those who would see you ache, nor should you be apathetic in the face of anything that challenges your hopes and aspirations.
5. One reason that judging others so appeals to the level of self that sits in such judgment of them... is that the comfort found in sentencing others for their "defects" serves to convince us of our perfection.

■ VI – Being At Peace with Yourself

Realize Your True Self in Stillness

What is timeless, what is unfathomable does not reside outside of us. It dwells in the center of us; it is our True Self. We plumb the unknown worlds within ourselves, and the lands we explore are reclaimed by the Light that reveals them.

Stillness is the path of revelation; no other path to the truth of yourself exists, because the freedom you long to be found is only in one place: within your awareness of the evergreen flowering of life endlessly releasing itself through rebirth.

Be still and be free.

Special Key Lessons in Review

1. It only seems as if there is something more important for you to do than just quietly be yourself.
2. One way to avoid at least a few unpleasant conversations is to never again talk to yourself!
3. Silence is that silver cup that life fills over and over again without ever filling up.
4. Self-surrender is not the acceptance of our limitations, but the only true way to transcend them.
5. The only strength that never turns into its unhappy opposite is the higher self-understanding that you are not, and never have been, your weakness.

■ VII – Be One with the Light of Life

Solve the Mystery of Living in the Light

Here now are some ways to practice realizing the truth of your Self. Each case begins with remembering to make the new choice that follows:

- Instead of surrendering yourself to its punishing presence, bring your loneliness into the Light of your Self. If you will remain there within your awareness of this "darkness," here's what you'll see take place before your inner eyes: the fear of being alone will be transformed into the contentment of knowing that you have never been without the love that you long for. You will see that a tenderness beyond words lives within the Light you have embraced.

- Bring your fear and worry about "tomorrow" into the Light of your Self. Remain there in your awareness of these frightening shadows, and here's what you'll see unfold before your inner eyes: you'll watch these dark doubts dissolve into an unquestioned knowing that no time to come has power over the peace of being in the present moment. You will see that serenity is one of with the life of the Light you have chosen to be.

•When visited by some sense of loss or emptiness, bring it into the Light of your Self. Remain quietly attentive to how that dark state wants to drag you into its world, even as you hold it in your awareness, and you'll see a miracle take place before your inner eyes: that feeling of being forsaken will be transformed into the fullness of knowing that who you really are is wholeness itself. For your willingness to be inwardly watchful, you will see that the Light of your Self reaches everywhere in the universe... so how could you ever be alone? All that lives... lives within the Light of your Self.

Special Key Lessons in Review

1. Yes, "all good things must come to an end," but this is only half the story. It's equally true that what is good in life is always just beginning.
2. Real fearlessness comes with knowing that you have everything you need to succeed in the same moment that it's needed.
3. When it comes to "What should I do?" about the painful negative states we see in ourselves, here is all we need to know: what is condemned remains concealed; what is concealed never heals.
4. Real love cannot be deceived because it wants nothing outside of itself.
5. Into each of our lives comes some fight that must be made; however, the key to true self-victory is not that we "win" at all costs, but rather than we always choose in favor of the Light that ensures we remain true, kind, and innocent in spite of the cost.

■ Summary of a Story without End

What is Truth?

But the moment revealed.

What is Light?

But good concealed.

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