

# THE ESSENCE OF FEAR

Your dog can sense and even take on your fear; learning how to manage it can bring peace of mind to both of you.



*Ellen Kohn has been working in the field of subtle energies for more than 20 years. As Spiritual Counselor she is dedicated to helping people and their pets connect to the Spirit realm. She offers a broad spectrum of services, including psychic readings of the auric field, past lives and house clearings. Ellen also performs quantum-healing services, using Reiki, Meridian and Healing Touch modalities to address physical, emotional, mental and spiritual issues for her clients. She blends custom aromatherapy, flower and crystal essences using dowsing methods. Watch for Ellen's forthcoming book, tentatively titled "Chasing Light." Visit her online at [enlightenedanimals.com](http://enlightenedanimals.com)*

**F**ear is a powerful and ubiquitous emotion, manifesting as conscious and unconscious patterns throughout your life. Along with anger, frustration, resentment, and guilt, fear embodies one of the lowest energetic vibrations in the universe. Toxic to your energy field, unchecked fear may induce physical and mental imbalances, stifle your creativity and weaken your relationship with your dog.

Your dog can sense fear's dense vibration, mirroring its strength back to you. He may become more apprehensive himself, reacting to new situations and people differently; or he may act out his fears with increased anxiety, aggression

and protectiveness. As your guide, his behavior reflects yours, signaling you that something is amiss and needs addressing.

## THE ROOT CAUSE OF FEAR

Fear originates in the lower energetic chakras, primarily the root chakra. Your survival instincts are located there, grounding you to Mother Earth's nurturing energies and drawing them up through the entire chakra system while nourishing your life force support. When there is too much fear in your energy field, this chakra can close down; its malfunction will leave you feeling disconnected, imbalanced and unprotected.

While fear is created by human thought, it is essential to remember that you were created by a Divine spark, a pure soul residing in a human body. The same theory applies to your dog, who has parallel emotions and feelings to yours. Therefore, when returning to your pure essence of divinity, you can learn to release your fearful ways and live a more peaceful life.

## FEAR IS A NATURAL PART OF LIFE

Fear itself is a natural and necessary part of being alive. Conscious fears appear in your thoughts, feelings and emotions. They include fear of the unknown, physical



safety, abandonment, being unloved, and not being good enough. Unconscious fears are more insidious, displaying unexpectedly as they sabotage your relationships, career and happiness. All of these fears can have a profound effect on whether you feel safe, protected, and capable of handling life's uncertainties.

—  
“Treat yourself as compassionately as you would a fearful dog. Self judgement is just as harmful to you as criticizing your dog is to him.”

## NATURAL AND UNNATURAL FEAR

Both you and your dog have natural, normal fears. Healthy fear keeps you and your dog safe, protecting the two of you from harmful situations. As his owner, your decisions about healthy food, water, exercise and medical care are paramount to his wellbeing. Nourishing your relationship with positive training and love will benefit both of you, enhancing your spirit-to-spirit connection.

Unnatural fears are illusionary, appearing often as figments of your imagination. Often products of unfortunate experiences, they may set off a cascade of hypothetical beliefs that don't come to

pass. Emotions such as failure, judgement, commitment, abandonment and lack are self-sabotaging, destructive, unhealthy fears. They may escalate, impairing your relationship with your dog – who may become timid, scared or aggressive because he's picking up on your energy.

## FEAR AS MOTIVATION FOR CHANGE

Fear can also be a motivator for change. Perhaps your job is not serving you; you make personal sacrifices because of the necessary income, but you know you're not doing your personal best. This uncomfortable emotion may provoke the fear of losing your job, putting your

income at risk. You seek something more fulfilling, releasing the uncertain energy, bringing more peace and joy to your human-dog relationship.

## TRANSFORMING FEAR

Uncontrolled fear can paralyze your emotions, holding you hostage to counterproductive thoughts and behaviors. Sensing a fearful situation doesn't necessarily lead to a negative outcome; rather, learning to acknowledge, manage and release fear's power will magnify

your connection to Spirit while allowing positive emotions and feelings to expand.

Just like your dog reveals his emotions, you can learn to trust your intuition, taking proactive steps to effect change. Developing a strong mindful and spiritual practice enables you to shift your focus, inviting more clarity, flow and acceptance into your energy field. With a little practice, you will feel successful and confident.

## PAUSE AND BREATHE

When you feel fearful, begin by grounding yourself into Mother Earth. Imagine tree roots going into her center, sending your fearful thoughts back to her where they will be recycled into fresh energy. Take several cleansing breaths to release old toxins and oxygenate your cells.

Breathe in and out from your heart center, connecting your breath with the electromagnetic field of your heart. This will open you to the sacred energy outside of your body, releasing stagnant, fearful thoughts that are stuck inside. Now you're prepared to decipher and process your fear.

## IDENTIFICATION

Identify and claim the source of your fear, digging deeper into its root cause. Where does it reside in your body? Does it debilitate you, or simply hold space for reflection? Send a blessing, thanking your body for acknowledging your fear.

## SEEK COMPASSION

Treat yourself as compassionately as you would a fearful dog. Self judgement is just as harmful to you as criticizing your

dog is to him. Find the benevolent place in your heart where love can replace fear. Treat yourself in the same way you would comfort your dog; this will help tremendously in letting go of the unpleasant feelings.

---

“Your dog can sense fear’s dense vibration, mirroring its strength back to you. He may become more apprehensive himself, reacting to new situations and people differently; or he may act out his fears with increased anxiety, aggression and protectiveness.”

---

## REDIRECT YOUR THOUGHTS

Transform negative self talk into positive affirmations; find the language that supports “I can do this” or “I understand what is frightening me or causing anxiety.” Moving fear-based thoughts out of your field and bringing in fresh, proactive ones will help shift the fear into a more manageable state. It’s important to be disciplined in this practice; don’t allow your mind to sabotage you. Stay steady and strong in this step of the process.

## LIVE IN THE PRESENT MOMENT

When you become aware that your mind is wandering, you can gently bring it back to the present moment. It’s only in the

present moment that you are empowered and can consciously choose the thoughts you engage with. Shifting your awareness can shift your energy, which has a direct impact on your fearful emotions.

## DEEPEN YOUR SPIRITUAL PRACTICE

The tipping point to releasing fear is a spiritual practice. True release from fear means surrendering to the universal consciousness, which connects all life forms in non-dual oneness. Meditation, mindfulness, and prayer connect you to the divine realm, where pure spirit resides. It is the space where your soul is pure and protected by the Divine.

## CONCLUSION

When you live your life from a place of fear, you view yourself as separate from others, and from the universal flow. Rejection, failure and self consciousness will prevail, manifesting in your experiences. Like your dog, you may hide from your fears until you come to terms with them and flush them out. While some fears are reasonable, your dog may model your unhealthy fears, displaying characteristics that neither of you desire. Whether you’re helping him work through his fears, or your own fears are affecting your life, managing fear is paramount to co-creating a blissful life together.

While the genesis of fear is derived from separation from the Divine, you can learn to undo it. Developing a conscious spiritual practice holds a tremendous capacity for change. In spite of facing all of life’s challenges, approaching your fears honestly without judgement permits the awareness to shift. Learn from your dog, who lives in the present, that each moment can be a transformative experience.

With gratitude, self discovery and love, you and your dog can override many fear-based patterns. In turn, surrendering them to the spirit realm relieves the pressure to figure it all out, knowing you are never alone and the guidance is available at all times. Once the two of you discover pathways to tranquility, the end result will be a more peaceful, balanced life together. 🐾