

The Pillar of Fear

The third pillar of loneliness is fear. So, what does *fear* have to do with loneliness and connection? The answer is that fear is inherently about separation. By its very nature, fear is to push something or someone away from you, and it is the number-one most isolating experience on the planet. The more fearful we are, the more alone we are. Fears about relationships or about other people simply serve to separate us from people and make us lonely when it comes to human contact.

To help visualize this, imagine that you are standing in the middle of a circle with a bunch of people. Now see yourself feeling fear toward these people in the circle and pushing them away. When you do this, eventually everyone else ends up outside the circle and you are the only one inside the circle... *alone*. Now imagine that same scenario but this time your fear toward everyone causes you to want to avoid them and thus run away from them. If you do this, everyone else is still inside the circle and you are now outside the circle... *alone*. This is how fear creates loneliness and prevents connection.

Earlier in this book, I explained that there is only one kind of pain in this universe, and that is the pain of separation. If we feel pain, it's because in that moment, we are separated from something. And when we feel pain in a relationship, it's always an indication that we have a fear present. We need to face that fear directly. People who are lonely are deeply fearful people. The fear they feel is the felt experience of pushing something away.

Hell is not a state that exists external to us. Hell is *fear*. Fear and hell are one and the same. This is why there can be people who are in hell walking the Earth next to people who are in heaven. Heaven is *love*. Vibrationally speaking, love is the opposite of fear.

It's important that we come to recognize what all our fears are about, especially our core fear. Our core fear is the thing we try the hardest to avoid in life. As such, our core fear will always be a part of ourselves that we split off from and

disowned. This means that you have yet another Inner Twin, a Fear Twin, inside you that came about because of your core fear. You may have any number of Fear Twins in fact.

Facing our deepest inner fears

Here is a recent experience I had of uncovering deep fears in my own life. When I moved to a foreign country for the first time, I committed to a period of shamanic journey work with plant medicines. On one of my inner journeys, I was forced to witness my deepest fears one by one, down to the very core fear that I have. That is the fear of being trapped in pain, alone with no escape and no way of ending it. This is my greatest fear because it's already something I have experienced in my real life.

The desperate fear I felt from that experience in my life made me cut off from the part of myself that was having that terrifying experience. It became an Inner Twin and it lay subconscious within me for many years.

When I finally became aware of this long-lost part within me, this Fear Twin, in my mind's eye, looked completely burnt from head to toe. Only her eyes were distinguishable. Her right shin bone was compound fractured. She couldn't move or breathe because she was in so much pain. She looked like the kind of person who had been hurt so badly that she needed to be in the Intensive Care Unit.

During that inner journey, I was told that the two greatest answers to overcoming fear were to love the self *that is afraid* and to love the self that you are *the most afraid of*. If to love means to take something as a part of yourself, to love it in this case meant that I had to re-own it and, as such, to take responsibility for its wellbeing. Therefore, I had to decide to make this part of myself, my Fear Self, my first priority.

In other words, I had to figure out what she needed and begin to change my life to make space for those needs. Thus I entered a period of healing. I cancelled my upcoming tours. I invited my Fear Twin to come up within me to take over my body so I could really feel her needs. Following her needs, I would sleep-in in the morning. I took Epsom salt baths and I

practised tenderness with myself. I made sure that everyone in my life who mattered to me was aware of this inner part of me and asked them to be in a relationship with her as well. I asked people to treat me gently. As this fragile Inner Twin began to heal, I grew less and less afraid of people. I began to feel ready for life again.

Then I did the same with any other aspects of myself that were afraid and had splintered off over the years. This was the beginning of taking responsibility for my fears. Instead of seeing my fears as things that were trying to destroy my life and pull me down, I saw that they were like terrified children crying out desperately for my help. And when I answered that call, I felt less afraid and I felt less alone.

The inheritance of fear

Even if we grow up in a loving environment, we inherit fear and the belief that we are not able to deal with certain things.

Hardly any mother on Earth can avoid saying, “Be careful or you’ll get hurt.” When a child hits the toddler phase, mothers often say this many times a day. Inherent in her voice is the message, “The world is dangerous and you won’t be able to handle it if something bad happens.”

This message is a distortion because it really isn’t about *the child* not being able to handle it, it’s about *the mother* not being able to handle it. When she tells her child to be careful, what she is really saying is, “If something bad happens to you, I won’t be able to handle it.” When we were children we took on our mothers’ fear, whether we were aware of it or not.

The same is true of our fathers and any other significant people in our early environment. We adopted their feelings of powerlessness and inadequacy without questioning it, and we adopted the inevitable fear that came as a result of it. And as we will explore more in this section, the primary ways that we usually cover up our fears are through *avoidance* and *control*.

Remember, there are only two movements that we usually take: the movement *toward* and the movement *away*. When you experience fear, you naturally push something away from