



## The Dignity Project

*Guiding the Way*

Promoting awareness and understanding of dignity  
through education, communication and spirit.

### Navigating Chaos 2

#### Freedom From Fear

1. Freedom from fear does not come from believing that 'everything' will be alright'. It comes through the knowing in the heart what our path involves and why.
2. Freedom from fear is not granted us or worked toward. It 'happens', with awareness of the deeper current beneath the surface, because we can feel this current, because we are guided to stay in this current and go where it takes us, because we become certain that as mind, we are not navigating this journey, nor did we, as mind, design this journey.
3. Freedom from fear is a marking point on the journey. It is related to the completion of conditioned reactions, to then *respond* to a situation with the neutrality of the heart and *witness* the actions that arise from the heart's perspective and timeless experience.
4. Freedom from fear includes the diffusion of emotional charge around outcome, especially when it comes to pleasure or discomfort, the known or uncertainty, securing or lack.
5. Freedom from fear establishes our participation in life as appropriate to the conditions of a situation and the complexity of factors and variables. The mind cannot accurately proportion all of this, so the intuitive faculty accesses the larger field to assess and conclude the appropriate position and action.
6. Freedom from fear is not to be celebrated as much as it is to be respected as a passage from ignorance and the dangers involved in partial understanding of the dynamics of life and traversing the physical domain. Coming to the end of the passage, out into the spaciousness

that lack of fear brings, calls for greeting earth and sky with open arms, open eyes, and reverence in our hearts, speaking words such as:

To be with you, wondrous spacious blue,  
and you, vital, ever-changing earth,  
without hiding from pure existence,  
is to know my true nature.

May I further awaken with each sunrise,  
and with each sunset may I feel the effect  
that being present has on every cell of my body.

7. Freedom from fear establishes each of us as a conduit for the celestial influences of Light and the infusion of necessary dynamics into the human process of self-awareness.



photo Miguel Bruna

