

# **WHAT REALLY STOPS US FROM CREATING TOGETHER?**

Transcending Fear to Collaborate Effortlessly

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## **WHAT REALLY STOPS US FROM CREATING TOGETHER?**

Why is it so difficult to come together and realize our dreams for humanity? I believe the answer is FEAR. Fear drives our need to be right; to be in control; to be unique/special and hence separate.

Collaborating to create together requires a complex set of skills, but at the end of the day it requires that we be truly open-hearted.

This presentation will look at how fear operates in our human system; how using fear as a motivator has fatal downsides; and how to step into a mode of fearless open-heartedness in our thoughts, feelings and actions. Find out how you can release fear's grip so that your potential becomes available for unimpeded co-creation with others.

### ***FEAR IN THE HUMAN SYSTEM IS LIKE A COMPUTER VIRUS***

- It will run rampant in our systems – if given half a chance.
- Like any virus, it may only show up at certain times, or places.
- It may lie dormant for periods of time, letting us think it is gone and then, out of nowhere – it strikes.

### ***USING FEAR AS A MOTIVATOR IS LIKE USING DIRTY FUEL***

Most people who use fear as a motivator scare themselves with possible negative outcomes. This spurs them on to “perform” - but is it optimal performance, or just fear avoidance? At various levels, beginning with the cellular, when you use fear as a motivator or “fuel”, you are paying a price you may not be aware of.

### **THE PRICE OF DIRTY FUEL:**

- Damages the physical body by triggering a noxious cocktail of chemicals and hormones
- Limits our capabilities and restricts options by inhibiting inspiration and creativity
- Isn't sustainable and has a limited shelf life – eventually, stress overtakes the system

### **THE ADVANTAGES OF CLEAN FUEL:**

- Strengthens and repairs the physical body by triggering the release of beneficial chemicals and hormones
- Optimizes our capabilities and expands options by opening our access to inspiration and creativity
- Is completely sustainable with endless shelf life, since stress is not involved

*“Our capacity to see, hear and feel are critically affected when we are afraid. Fear scrambles and distorts our capacity to be in the moment. AND, when we are not in the moment, in the present, we miss what is right in front of us, as opportunities.”*

*Presence – Peter Senge, Otto Scharmer, Joseph Jaworski, Betty Sue Flowers*

### **AT THE CELLULAR LEVEL**

Dr. Bruce Lipton, cellular biologist, explains in his book, *The Biology of Beliefs*, that cells have two basic modes of operation: protection or growth. When we perceive the environment to be dangerous, our cells go into protective mode. When we feel safe, our cells open to healthy growth. Fear in the system, therefore, has a powerful impact on how our cells behave.

How do we perceive danger? What tells us to be afraid? Our beliefs play an important part in how we filter the world. Millions

of bits of information enter the system through our perceptual system. How we filter information is in large part determined by the beliefs we hold and what “brain” we are using.

### **SIX BRAINS ARE BETTER THAN ONE**

Recent research identifies four neural centers in the brain, a fifth neural center in the heart and a sixth in the gut. As we have evolved, so has our “brain”.

*“Nature never abandons a system that works but builds new, enlarged and more efficient systems upon the old. She seems to have created each new evolutionary brain to correct problems in an older system or to expand its possibilities.”*

*The Biology of Transcendence – Joseph Chilton Pearce*

### **THE BRAINS AS THEY HAVE EVOLVED:**

- Reptilian brain – sensory motor system - registers only the present – begins its functions in the first trimester of gestation
- Old Mammalian brain – limbic system – senses of smell/hearing and basic emotion – combines both past and present – second trimester
- New mammalian brain – neocortex – language and thinking – awareness of the past, present and future – third trimester
- Prefrontal cortex – source of all higher intellectual capacities - makes its major debut after birth and continues developing until the early 20's.
- Heart Brain – There is a large amount of neural matter (brain cells) in the heart organ. It is more than just a pump – it has great intelligence and produces an electromagnetic field that radiates 12 -15 feet beyond our body in the form of a torus.

- Gut brain – A large amount of neural matter is also located in the gut (some claim there is more brain matter in the gut than in the head). “Gut feeling/intuition” is not just a figure of speech – it actually exists!

Like so much else, what has long been experienced in daily living is now being documented by science: **We do indeed “think” with our heart and our gut – not just our head!**

To harness all this brain evolution that is available to us, it is essential that we move beyond fear. Fear routes energy away from our higher-level brain functions and activates our most basic brain – the reptilian brain – moving us into fight/flight or freeze mode. Fear prevents us from using our higher functioning capacities. **In essence, when we are afraid, we are not nearly as smart as when we are open, relaxed and loving.** When we come from such a place, we activate our “heart brain”, opening us to possibilities beyond survival and into higher realms of being.

Pearce offers that for the human species, it is our biological imperative to transcend from basic survival mode, and that our brains are already set up for this:

*“We actually contain a built-in ability to rise above restriction, incapacity, or limitation and, as a result of this ability, possess a vital adaptive spirit that we have not yet fully accessed.”*

### **CLEAN FUEL: WHAT IS IT AND HOW DO WE ACCESS IT?**

Mother Teresa was once asked what had enabled her to do such great things in her life. She replied:

*“You cannot do great things. You can only do small things with great love.”*

The clean fuel is love, compassion, creativity and a state of open-heartedness. Open hearts that are capable of great love and great passion.

Imagine what your life would be like if you had no fear in your system and no reason to ever protect your heart!

Is it possible? Yes – and it is a journey. The heart's emotional capacity has an amazing ability to expand, the limits of which are unexplored. The more we release fear, the more our heart can open.

Imagine our capacity to collaborate and create with others if there was no fear in our systems. This is untapped potential in the world.

**So how do we free our hearts to be filled with great love and with great passion?**

**[experiential portion of presentation begins]**

**Q & A**