

## **Eradicating Fear Q & A** 3<sup>rd</sup> August 2011

### **Desirus:**

And if there are any questions – we will try our best...

*Q: When you talk about fear – what is the origin of fear – the emotions and feeling of it?*

**A:** Now that again is a question, which is not asked from the heart. Fear came very close to power when you separated. Since you have all incarnated in a biological or physical body you would agree you have certain needs – you would have enough food – you would have to live in this body, you would develop emotions, ‘lack of’ – that’s how it started. Would that be a simplistic answer? Fear derives from ‘lack of’ – ‘I do not have enough’ – panic, fear, power. Would that answer your question?

*~ Yes, indeed. When you said eradicated – what is the best way to do that?*

**A:** Each of you will find a different way to annihilate, eradicate and deal with fear – since each of you has incarnated on a different vibration, each of you will deal with this in a different way. Some of you will have what we would call such an overview already that they will experience and see themselves acting out their journeys – those who can laugh, those who can see a little bit further into future – they will deal with this in a lighter way. So each of you will have to find a way and to experience a way and realize that fear is not necessary. Do not forget the closer you get to our side where fear does not exist the easier it will be - and we are talking of future times in your existence on this plane – the easier it will be to eradicate this.

*Q: Does fear exist on the astral plane, I mean it’s an emotion so...?*

**A:** It depends what you mean by astral plane, those who still need help – yes. But help is always at hand. Then we would touch the subject of transition and there again there are many ways of judging yourself. This is a point of view from where you sitting. You will see and experience where you went wrong and you might see why. Was it ‘lack of’, ‘fear of’, why did I hurt somebody? – but this is a totally different subject. What you are talking about are the lower vibrational - call it astral planes and we would rather not go there – is that a sufficient answer?

*~ Indeed, thank you.*

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~ We were discussing and it is important to start with the clearing of the emotional body so that your load is lightened, that you would understand more and so again, fear and power are intertwined – this is not such a nice subject but it had to be said. Now, on a lighter subject – music is important to each of you for you all vibrate to music, and colour and love and light. Now the best way to experience this is to go inward. Those of you who do not have a garden or a park or the capability to go into nature - if you sit and you go into your inner garden you will be able to enjoy and then maybe talk to the I AM, would that answer the question?

We have talked so much about nature and we are fully aware that some of you might not have access to that. So, talk to those you come into contact with and if you hear – “we do not have a garden” – each one of you has an inner garden – never forget that and your inner garden should be shining and beautiful. Are there any more questions?

We’ve come with joy and for all of you who were slightly disconcerted by the turbulence on your planet know that all is well and that all those who are leaving and have left so quickly - all of those have had a wonderful rebirth and a great welcome and job well done. That is not to say that they will not come to your planet again.

And with that, until the next time. This was John and Desirus.