

# Supersentience Teaching of One Essence #24p

## *The Hidden Fear of Love*



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**Love is immersion.**  
**It is the feeling of wholeness.**  
**It is self-forgetfulness.**  
**Fear is personal concern.**  
**Fear is a belief in lack.**

*“When I get caught in anger or hurt feelings I find it almost impossible to forgive myself for dwelling on resentments and judgments. Why do we get so caught?”*

This is referred to as fear of love. We are unwilling to forgive or have compassion for the way we are feeling and instead exacerbate the situation by feeling guilty and angry for being so angry. There are many people who are lonely and need love desperately and yet do not give the love they crave to themselves. The paradox is that our nature is love and that’s why we crave it, and yet we seek it outside ourselves rather than awaken it within us. This is the hidden fear of love.

We get caught in such emotional pain because we strongly believe we are just a body. We may say that we believe we are spiritual beings but our defense of our ego is proof that we are pretending to be spiritual. The word ‘spiritual’ means you are whole, you are spirit. Spirit is not a locality or a separate person. Spirit is wholeness, completeness, totality, presence of awareness. It is not a memory. The human being is both a memory (human) and spirit (being). When one can tell the difference clearly then there is integration and wholeness while still being ‘you.’

Fear of love is always present in some form when we do not know we are spiritual beings. After all, spirit and love are synonymous – it is Oneness. This fear of love is the outcome from not knowing the truth about your true nature and so surfaces as a sense of lack. It is from this sense of lack that all emotional suffering starts.

Let’s examine the above further by covering also the following question asked by a young intelligent male.

***In your script #23p “Two opposite sides of one coin” you wrote about the two steps that will help us break free. First step was love of God and the second step was that all fear is really a fear of love. I am an atheist, so can you elaborate on what you meant?***

The word God means love. It pertains to the awesome power and eternal force of love. All creation (manifestation) emerged from this creative force of thought through love. *What is behind the awesome staggering power that makes the earth rotate around the sun in perfect balance and precision? What force creates the fetus and transforms it into a living breathing human being?*

Love is this Force and Intelligence which we call ‘God.’ God is not an entity like a loving anthropomorphic father figure but a mysterious and loving power that is staggering to the imagination.

We are, each one of us, the image of God and that’s why we want love. And, when we don’t have love, we seek power as a substitute. If you don’t like the term ‘God’ then use the word ‘LOVE’ in its full meaning. In truth there are no atheists but merely people who are rebellious against organized religion. But then again, what is organized religion except the need to make sense from a power that defies imagination? After all, it is the human who wants to believe in something to fulfill its emptiness because it also believes it is incomplete and doesn’t know its true nature, which is Love.

Love is pure awareness (not what we are aware-of). Awareness is the primal existence of every living being. It is who you are right this moment beyond memory. You may think you are the body but now look at it realistically – is your body now the same as when you were a baby or a teenager? Of course not! So, what makes you believe you are this body when it has changed (been recycled) a few times in this lifetime? And, not only your body has changed but also your personality, emotions and thoughts and even beliefs about God and the world. So, ask yourself again, what is it that makes you think you are that child in your picture album? Isn’t it the constant unchanging aspect of awareness which created the link that says, “Yes, that’s who I was!”

Now let’s take a step further and see how awareness is itself love, in fact – awareness and love are synonymous, just different expressions of the same thing.

***Why is awareness love?*** Awareness is not isolated in a form, it is not located anywhere – It is Life itself. When you recognize yourself as this very awareness of here-now, you’ll see your oneness and connection with everyone since everyone is also your awareness. Awareness is ONE!

Stop for a moment right now and ask yourself, “Who is aware right this moment beyond memory of your past? You’ll be dumbfounded because deep down inside you, you just know, that awareness is not yours or anyone else’s but life’s. It is ONE. That is unconditional love. True love is seeing yourself in ‘another’ as yourself. This recognition wakes up in you in a way that can be quite surprising. Then compassion, understanding, kindness, listening and clarity emerge spontaneously from this very recognition.

## ***What is fear of love?***

Fear of love is the initial stage of learning to love or truly care. A life without love is like living without a heart, just a robot. Fear of love is a fear of your own emptiness; the fear that you are not worthy as you are or not special enough. Through this fear of lack (which is inevitable when you believe you are a body) you feel separate, alone and try to control your life.

Love is unconditional and there's no such thing as conditional love. Conditional love is simply saying, "*I love you only as long as you love me.*" This is not love but fear of love lest you're taken advantage of; in case you are vulnerable; in case your needs to fill your emptiness are unfulfilled. Conditional love guards against being rejected, ignored, not listened to and also includes fear of intimacy, fear of being owned and controlled. Love, being awareness itself, is misinterpreted by unawareness of its true nature. How often we have heard statements like:

*"Love is painful."*

*"Love needs work to keep it springing."*

*"Love is jealous."*

Love is unconditional and therefore its expression is freedom and NOT control; it is allowing and not restricting; it is respectful and not demanding; it is listening and not avoiding or ignoring.

## ***True love listens***

Before every satsang I say the same initial opening words in order to penetrate the unconscious mind. I say, "*Satsang is about what is real and lasting and that's its whole focus. Once we know what is real and lasting we find fulfillment and peace.*"

Someone who had listened to the satsang CD's quite a few times asked, "*Can you tell me exactly what satsang is about?*"

I replied, "*Satsang is about what is real and lasting and that's its whole focus. Once we know what is real and lasting we find fulfillment and peace.*"

So the question is, "*Why don't we listen?*" Men are afraid of women's emotions and stop listening. Women blame men for not listening without realizing their own fear and thus not listen to the not-listening state of the man.

<p>Listening is love – it is the surrender and trust in the moment as it is showing you exactly how things are. When we fail to look at what-is as it actually is – that's unconscious fear of love. This fear is well-hidden behind excuses, pretensions and complaints.</p>
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Listening is not necessarily to words communicated but where the 'other' is coming from. It is 'hearing' with the heart, it is intuitive, understanding without trying to understand, it is allowing, forgiving and accepting. Love sees things as they actually are without control or any willful manipulation to get your way. When there is control or demands, there is separation. Separation is not love anymore than owning another is love. **Love sets free.**

Why are we afraid to listen? It is an unconscious fear of being controlled and this fear is very subtle. This fear of being controlled emerges from a low sense of worth. Assagioli (Founder of Psycho-Synthesis) wrote: “95% of our energy is spent protecting, defending and maintaining our self-image (ego) and it’s all imagination.”

Fear of love is this constant need to be in control lest you’re controlled or taken-advantage-of and thus feel like a fool or feeling-less-than. We fear control so much that we start controlling to get our way and safeguard ourselves from losing control. The reason for this unconscious need for control, which is easily spotted in people who like to argue, complain or are self-conscious, is the belief that if we assert ourselves we will be more esteemed and appreciated. True love is giving and sees no point in harnessing power over another. Power is always the expression when there is no love in oneself and it is therefore used as a substitute for love.

This fear of love is quite clear when there’s a fear to trust completely, even oneself, lest you make a mistake. There is fear of surrender and accepting.

### ***The eight qualities that arise from Fear of love...***

The reason for the long-haul in recognizing the truth of our being is the fear of love, which is also the fear of letting-go, of surrender, of trusting.

How does this fear manifest? Fear of love manifests in our many ‘buts’ and ‘what-ifs’ to excuse us from totally letting-go and surrendering to our wholeness. We are deadly afraid of being swallowed up into nothingness. We simply do not understand our true nature as awareness because it is too ephemeral, too invisible, too vague (in our estimation) and so fail to see what is obvious. In other words, people do not readily wake-up to their true beautiful nature is because they do not want to let go of their suffering ego believing it is still real despite obvious reports to the contrary.

***How does this fear of love happen then?*** It starts by believing you are a body, and as a result of this belief you carry with you the sense of lack. It is a subtle feeling as if something is missing. In other words, you don’t feel complete and whole because you are unaware that you are far more than just a body. This sense of lack starts all dysfunction and all resentment, hostility, negativity arise from this primal feeling of lack. When you live with this feeling of lack you develop needs for attention, approval, power, control and a seeking of love outside yourself. So, let’s see how it works...

**A sense of lack**...is an automatic feeling that permeates everyone who thinks they are just a body. This sense of lack creates needs for love, for approval, appreciation and if these are denied it resorts to control and power. For example, when I was a young man I used to suffer loneliness. In that state of loneliness I used to dream of a beautiful woman making love to me. It was my escape. Yet in that state of loneliness I would not give myself the love I sought because I didn’t love myself and that was my fear of love. I wanted someone to love me on my own egoic terms...that’s fear of true unconditional love. This fear of true love created a sense of separation and that’s what loneliness was.

**A sense of separation**...is a preoccupation with self filled with selfishness, self-consciousness and self-absorption. This egoic preoccupation was unconsciously perceived as if the world owes you something. It took most of the energy seeking some satisfaction from the world through possessions, power, indulgence or momentary pleasure to fill a void. This need to fill a void created addictions.

**Addictions**...they are automatic expressions to fill a void felt through the primal sense of lack. This sense of lack and separation creates an automatic need to latch on to anything that makes us forget our sense of incompleteness. For example, if you meet someone and have a sexual encounter then it is easy to become addicted to that person to fill that void. Addictions could be a clinging to anything that makes us forget our incompleteness such as food addiction, pleasure addiction, alcohol addiction, drug addiction, day-dreaming addiction or any escape including negative thinking or complaining. As addictions take over whether its coffee, smoking or just a pattern of thinking that repeats over and over, our life becomes filled with subtle fears, unspecific fears.

**Fear**...This fear is subtle and unspecified, in fact it doesn't even feel like a ordinary fear but as a nagging discomfort when in strange new places or situations. Nevertheless, it is a fear that can't be pinpointed. This ever-present fear (with respite only through momentary addictions) creates a strong suspicious outlook.

**Suspicious**...We become leery and distrustful of people we do not know. We are readily disappointed when our friends or acquaintances or relationships do not meet our ways of thinking of 'how-things-should-be' and then suspect even them. This lack of trust blocks us further from realizing the truth of our nature (which is extremely simple and innocent). Therefore, in order to cope with this continual but unconscious distrust and suspicion we create a strategy to deal with it.

**Strategic living**...we create a careful plan for strategic living, for any eventual threat or danger always prepared to defend ourselves. For example, you find out that Martha, your next door neighbor, has been talking and gossiping about you behind your back. You plan how to deal with this and so create a strategy by saying, "...next time I see her I will say this and that..." "I will act this way..." This also fills out with a constant state of **anxiety**. This state of anxiety is the result of having strategic plans backfire because they don't bring what we want most – the feeling of inner goodness, inner peace. I have found that most people seek spirituality for an egoic purpose and turn it into an addiction. I remember teaching a "Course in Miracles" and often heard statements like, "I am going to make sure that my husband follows it too." Strategic living is filled with control and power.

We have forgotten totally the glory and beauty of forgiveness and loving your neighbor and setting them free to do as they please.

At this point of suspicion you plan a retaliation. This need for retaliation to defend your ego becomes so strong that you start having resentful thoughts, angry feelings and thus move into hostile competition.

Fear of love manifests also this way – in acting strategically to get your own way such as in anger, complaining, control or outburst you actually expect positive results,

and no matter how many years you have been playing this game, it never worked to get you what you really wanted, yet you keep strategically applying it – now isn't that insane?

*“But,”* someone will complain, *“I can't help myself acting that way, I simply become like a conditioned robot.”* It is true that you have become helpless against such thought and action, however, by seeing its insanity and also that it never gets you anywhere is a good start to bring greater awareness.

**Hostile competition**...this hostile competition is so common that we are shocked to discover its prevalence. One time mentioning this at satsang one woman complained against the word 'hostile' calling it 'too harsh a word.' She didn't see the fact that seeing it as harsh was a form of hostility about that word. The oxford dictionary defines the word 'hostile' as being unfriendly or opposed to something or someone. For example, here are some minor hostile-competition-thinking...

*“Our religion is the only true one.”*

*“We are the chosen people.”*

*“No one has suffered like I have.”*

*“You just don't understand me.”*

This hostile competition is the root cause of fear of love...it has totally substituted love for power and control. True love is too much at this point and the inbred resentments and anger have taken such deep root that true unconditional love is untenable. On an extreme cases hostile competition has become murder and mayhem such as the Muslim Taliban, Ku Klux Klan, Communism or Nazism. In less extreme cases we have Christian fundamentalism and the separate groups such as Catholicism, Protestantism, Mormonism and so on. They all have a history of violence and hostility even towards each other.

In brief – when we sense a lack within us we are denying our true nature, however unconsciously this happens, and the result is pain, suffering and belief in evil. I was brought up in the belief in punishment and sin, so imagine the sense of freedom when I realized I am love. This is the transformation.

Just imagine the liberation when you realize the truth of your being – you crave love and happiness because that's your true nature. Claim it now as your Oneness. Each human being is the same Being you are. All so-called evil is ignorance of the Truth of Being.

The question may arise, ***“But how can I overcome years of conditioning?”*** You don't overcome anything – just see clearly it is conditioning and NOT who you are. You are happy and in love when you see the love and happiness of your true being. You are 'being yourself' when you are fully relaxed and happy, doesn't that tell you something? You don't achieve anything or accomplish anything – you just see who you are this very moment. You might need to repeat this reminding experience but then it keeps deepening until you feel so free that you feel you could fly.

Finding continual peace and inner security is not difficult. I have 'done' it. So can you! Please do not doubt this. It is only in this hope of bringing greater understanding and freedom that 'I' write these scripts. They beg to be written even despite myself.