



Love is letting Go of Fear

Book Summary by Frumi Rachel Barr, MBA, PhD

Author: Gerald G. Jampolsky, M.D.

Publisher: Celestial Arts, Berkeley CA

Copyright year: 1979

Library of Congress or ISBN: 0-89087-246-5

Author bio and credits: The author is a graduate of Stanford medical School, is a child and adult psychiatrist, author of Shortcuts to God: Finding Peace through practical Spirituality, and coauthor of Simple Thoughts that can Change Your life. He is the founder of the first Center for Attitudinal healing in Sausalito, CA, with more than 150 independent centers and groups in 30 countries.

Author's Big Thought:

This book was written as a primer for those who are motivated to experience a personal transformation toward a life of giving and Love, and away from a life of getting and fear. As a student of the Course of Miracles, the author carries the theme into this book: we can have a single goal of piece of mind an a single function of forgiveness, and our fulfillment can come from listening to the voice of our inner teacher to learn to heal our relationships, experience piece of mind and let go of fear.

A few supporting notes:

Preparation for Personal Transformation

- Love is the total absence of fear. With love as our only reality, health and wholeness can be viewed as inner peace, and healing can be seen as letting go of fear. Love, then, is letting go of fear.
- We spend most of our time worrying about both past and future, creating a vicious circle of fear, which leaves little room for Love and joy in the present.
- We can choose our reality. We can choose to experience this instant as the only time there is, and live in a reality of now.
- To have inner peace we need to be consistent in having peace of mind as our single goal.
- Forgiveness becomes our single function. Forgiveness is the vehicle used for correcting our misconceptions and for helping us let go of fear.
- When we have peace of mind as a single goal, we can take the second step, forgiveness, and choose to see others as extending love, or being fearful and calling for help in the form of Love.

Ingredients of Personal Transformation

- We are what we believe. Our belief system is based on our past experience, which is constantly being relived in the present, with an anticipation of the future being like the past.
- It is important for us to detach from past-future preoccupation and to choose to live in the now.
- Fear and Love can never be experienced at the same time. It is always our choice as to which of these emotions we want. By choosing Love more consistently than fear, we can change the nature and quality of our relationships.
- Attacking always stems from fear and guilt. Attack is really a defense. Instead of seeing others as attacking us, we can see them as fearful. Fear is always a call for help, and therefore a request for love.
- Peace of mind comes from not wanting to change others, but by simply accepting them as they are. True acceptance is always without demands and expectations.
- Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for correcting our misperceptions.
- Through true forgiveness we can stop the endless recycling of guilt and look upon ourselves and others with Love.
- As inner peace is recognized as our single goal, forgiveness becomes our single function. When we accept both our goal and our function, we find that our inner, intuitive voice becomes our only guide to fulfillment.
- Peace of mind occurs when we put all our attention into giving and have no desire to get anything from, or to change, another person.
- Another process for retraining the mind has to do with the impact of the words we use. E.g. can't, impossible, try, but, difficult etc.
- By consistently choosing Love rather than fear, we can experience a personal transformation, which enables us to be more naturally loving to others and ourselves.

Lessons for Personal Transformation

1. All that I give is given to myself
 - To give is to receive is the law of Love. When we give our Love away to others we gain, and what we give we simultaneously receive.
 - When we give our love unconditionally to others with no expectations of return, the Love within us extends, expands, and joins.
 - The world's law is based on the belief in scarcity. When we expect others to satisfy our desires, and they disappoint us, as they inevitably must, we then experience distress. Love someone else totally and without expectations, and that Love is simultaneously given to us.
 - The law of love is that you are Love, and that as you give Love to others, you teach yourself what you are.
2. Forgiveness is the key to happiness

- Forgiveness is the vehicle for changing our perceptions and letting go of our fears, condemning judgments and grievances.
 - Forgiveness becomes a process of letting go and overlooking whatever we thought other people might have done to us, or whatever we may think we have done to them.
 - Forgiveness means correcting our misperception that the other person harmed us.
 - Whenever you see someone else as guilty, you are enforcing your own sense of guilt and unworthiness. You cannot forgive yourself unless you are willing to forgive others.
3. I am never upset for the reason I think
- Most of us have a belief system based on experiences from the past and on perceptions from the physical senses.
 - This type of belief system presumes that the outside world is the cause and we are the effect.
 - We all have the power to direct our minds to replace the feelings of being upset, depressed and fearful with the feeling of inner peace.
 - Whenever you are tempted to be fearful, remind yourself that you can experience love instead.
4. I am determined to see things differently
- Our belief system holds that the fearful past will extend into a fearful future, making the past and the future one.
 - It is possible to change our belief system, but to do so we must take a new look at every one of our cherished assumptions and values from the past.
 - “I am determined to see things differently” means that we are truly willing to get rid of the past and future in order to experience now as it really is.
5. I can escape from the world I see by giving up attack thoughts
- A changed thought system can reverse cause-and-effect, as we have known it.
 - It may be worthwhile to remind ourselves that attack thoughts do not bring us peace of mind and justifying our anger doesn’t really protect us.
6. I am not the victim of the world I see
- To be consistent in achieving inner peace, we must perceive a world where everyone is innocent.
 - We could choose to see the world through the window of love rather than the world of fear. That would mean to see people’s strengths rather than their weaknesses.
 - I can see the world differently by changing my mind about what I want to see.
7. Today I will judge nothing that occurs
- Being a faultfinder is totally dependant on our past experiences.
 - As we reinforce our decision to be only Love finders, it becomes easier for us to concentrate on the strengths of others and overlook their weaknesses.
 - When we learn not to judge others, and totally accept them, and not want to change them, we can simultaneously learn to accept ourselves.
 - When we refrain from making judgments and send out only Love, it comes back to us.
8. This instant is the only time there is

- My preoccupation with the past and its projection into the future defeats my aim of present peace. The past is over and the future is yet to be. Peace cannot be found in the past or future, but only in this instant.
 - I am determined to live today without either past or future fantasies. I will remind myself: This instant is the only time there is.
9. The past is over, it can not touch me
- When we think we have been hurt by someone in the past, we build up defenses to protect ourselves from being hurt in the future. The fearful past causes a fearful future, and the past and future become one. We seem to consider it natural to use our experience of the past as reference points from which to judge the present.
 - To let each second be a new birth experience is to look without condemnation on the present. It results in totally releasing others and ourselves from all the errors of the past.
 - Fear and Love, guilt and Love, cannot co-exist. By forgiving myself and letting go of the past, I free myself of the painful burdens I have carried into the present
10. I could see peace instead of this
- Peace of mind is an internal matter and it is from a peaceful mind that a peaceful perception of the world is experienced.
11. I can elect to change all thoughts that hurt
- If we perceive things not as problems but rather as opportunities for learning, we can experience a sense of joy and well-being when the lessons are learned. We are never presented with lessons until we are ready to learn them.
 - I can choose to let go of everything but my Loving thoughts.
12. I am responsible for what I see
- I choose the feelings I experience, and I decide upon the goal I would achieve
 - And everything that seems to happen to me, I ask for, and receive as I have asked.

Reviewer's recommendation:

This is a simple a short read full of ways to nurture your heart. It isn't until we forgive ourselves that we can be set free from past mistakes. This book brings that point home.

Get 100 business book summaries just like this one at 100mustreads.com



Contact Frumi at 949-729-1577

ceoconfidante@frumi.com

www.frumi.com

www.100mustreads.com

About the reviewer: Frumi Rachel Barr, MBA, PhD

Many CEO's find themselves asking "What now?" to sensitive situations that only an experienced former CEO can understand. Frumi is brought in to solve problems and often remains to work with you, as your confidante and secret weapon. She has an uncanny knack of getting to the heart of your corporate climate and maximizing your team's performance, profitability and sustainability.

To schedule a free ***Break From the Pack to Success*** consultation email

ceocondfidante@frumi.com or call 949-729-1577