

The Truth Shall Set You Free

(A letter to someone suffering from fear and OCD) thru Paul West

I will say this. It comes down to your ego, as it does for anyone. The ego is the part of you that you think of as your `self`, a self that is separate from others, and it has its own thoughts and attitudes and generally wants to make life miserable and stressful and turn your experience into a nightmare. And the ego's absolute favorite tool is fear. It always tells you things as if it is giving you good advice to help you or guide you toward a better situation or a way to escape or be saved from a problem, except that it is that very guidance that makes things worse. Fear is NEVER EVER telling you the truth and it is NEVER EVER useful to listen to. The more you listen to it the more you give it power over you and believe it's lies. It is always a lie and not to be trusted.

As an example, drawing upon what you just said, the ego told you that in order to be safer you needed to appease people more, and that this would make you stronger. But as you found out, all it did was actually undermine you and make you weaker. This is merely a spiritual lesson that you have been learning, about how the ego behaves and how it is full of shit.

Also you talked about control. When the ego creates fear, which is a deliberate choice to be vulnerable and disempowered, it creates the experience that there isn't enough control, that something is wrong, and then tells you that you need to control things `more` in order to get back to normal. However this is a total lie. What it really wants is for you to buy into the belief that you need to be more controlling. But being controlling makes your ego stronger.

And the stronger the ego gets the more it undermines you by telling you that things are not okay unless you control them. It will never tell you "oh, by the way, you don't need to control anything at all, and if you let go and let everything happen without controlling it you'll be happy and at peace". It will never tell you that because it has a vested interest in driving you into a nightmare experience of terror and vulnerability. It all comes down to how much you buy into the ego's lies and how much you listen to it.

When you feel that you are out of control, recognize that is NOT true. It is in fact that the ego has taken over control and is already being *even more controlling* than normal - it's trying to control your environment and manipulate it and make something change or be different, by saying xyz is not right and xyz is not acceptable and xyz is bad and wrong and dangerous etc - which are lies about yourself. And it all boils down to not accepting things as they are and having a lot of judgement of others, which really is judgement of yourself that you project outward. You put your self judgement onto other people because the ego tells you that if you were to take ownership of it you would feel terrible about yourself and so you have to blame it on someone else for causing it - i.e. `other people judge me` and you fear that they will judge you. But the truth is, by owning up to the fact that you have judged yourself you might just decide to stop judging yourself and then the ego would not have any ammunition against you.

So your own ego is telling you things are out of control, but it's using an assertion which secretly says "I want to control things even more, there isn't enough control, I will control the environment by judging it and condemning it and making it wrong and then try to change it, avoid it, fix it, adjust it and make it different". And by the way, trying to fix stuff outside of you in that way never ever works because that's not where the real problem is, the problem is in your mind.

And if you buy the ego's advice, you'll listen to it and think hey, the ego is right, I need to control things more in order to get back a sense of safety and peace, I need to alter the environment, I need other people to be different, I need them to change and stop being the way they are so that I will be happy, and I need them to force me to be happy indirectly. But it does not ever work. Ever! Because it was a lie and you remain a victim of something that seems to be `not you`. So then you try to control things MORE, which makes things WORSE, and does not work because all you're doing is manipulating the illusion you yourself created that there is something wrong with YOU, and therefore the world outside of you that you project your self-condemnation onto. It boils down to forgiving yourself and seeing that you are innocent of all the judgements you put on yourself to begin with - which are the very judgements that made the world look scary!

When the ego is telling you things are out of control - challenge your thinking! Realize you are lying to yourself. Realize your ego thoughts are not merely `suggesting` that you might need more control, they are **asserting** that you have lost control (which you haven't) and must add more control to fix it. What is the remedy for that? It's very much along the lines of you not following through with your obsessive thoughts... ignore the urge to control, ignore the message (the lie) that controlling will make things better, realize that your own thoughts are not true i.e. the assertion that you are out of control is fundamentally incorrect, stop listening to the lies, stop believing in them, and move instead towards accepting things as they are without judgement. That is the key to inner peace.

OCD is nothing more than a slightly extreme form of ego control gone wild and everyone has it. All you are going through is a spiritual lesson where you are in conflict with your own self and learning the ways of the ego and how to stop listening to it. That is all. You need LESS control, and to be okay with less control - that is the only way you will feel that it's safe and okay to be in whatever situation you are in without having the need to change it. People who are calm, happy and at peace aren't frantically trying to stop things happening or making things change or seeing problems everywhere or things wrong that can't be accepted - they simply accept what is and BE.

The ego always will tell you that some things that are happening are not okay, not allowed, there's something wrong with them, people are guilty, people are at fault, people are to blame, things are going to get worse, bla bla bla... all efforts to not accept things as they are. And what that really comes from, is YOU believing that you are not okay, that you are not allowed, that there's something wrong with you, that you are guilty, that you are at fault, that you are to blame, and that you are going to get worse - that is all bullshit but you've bought into it and decided to believe it. You need merely to

recognize that none of this is true and not only is everyone else innocent of all the judgements you've projected onto them, but you yourself at innocent of all the judgements you've put on yourself. Stop beating yourself up for things you have not done and ways that you are not wrong!

It is totally paradoxical as you said, but it is by letting shit happen that shit stops happening. It sounds totally counter intuitive because it works against the ego's devious plan to counsel you to listen to its `solution` to your belief that shit is happening. And it's especially hard when shit IS seeming to happen, to remember that in fact, in truth, it is NOT happening. If you can be okay - at peace, in spite of what is happening, then what happens cannot take your peace away and no longer looks like a problem.

Nothing can happen to you and nobody can do anything to you and you cannot be afraid or lose your inner peace unless YOU decide to give it away and use other things to seem to be `to blame` for making it happen. To do this you have to *let go*, which means letting go of controlling and running your own life - which is where reliance on God comes in. The ego does not want you to let go of controlling your own life or solving your own problems or doing everything all alone by yourself. It wants you to keep deciding everything for yourself, holding on tight, trying to figure things out all by yourself, to keep on telling yourself that you are an expert in fixing your own problems, and that you don't need any help from outside of yourself.

It does not want you to entertain the idea that by letting go and letting yourself be helped, you will be happier and more at peace. Because that opening up to letting go of control diffuses and diminishes the ego and it does not like that at all. And you may even experience that as you challenge your own ego beliefs and withdraw your trust in them and see them for the falseness that they are instead of believing they are the truth, your ego may attempt to `retaliate` by being even more threatening etc. Don't listen to it, it's temporary and it will pass.

So I'd say, let's call it a diagnosis, that you just have a case of listening to your own ego too much for its advice and believing too much in messages of fear that are lies in disguise. If you were to find out that someone had been telling you what to do and advising you and you'd trusted them, and then suddenly you discover that they were lying to you the whole time and trying to manipulate you, you would probably be angry at them and not believe them any more! You'd know that they were lying and anything else they said was probably not to be trusted.

You trust your ego too much, and you trust your `self` too much - your ego thoughts. That is the problem. It's a spiritual problem, because being spiritual means being open to letting go of your own ego-reliance and trusting a `power` of Truth bigger than yourself, outside of yourself, such as God, to look after you and direct your life instead of you being always in the drivers seat controlling everything and trying to manage fear and all the unhappiness that comes with it. And you cannot manage fear, it never works until you can undo the belief that you are guilty and will be punished. And guess what? You might be surprised to know that when you stop trying to control problems, the world,

your self, and let go and trust, the problems disappear - the problem WAS the control itself!!!!

It's a process of withdrawing your trust in ego lies and developing your trust in a greater Truth. And all the times in-between those two extremes are simply times where you are confused and have mistaken what's true for what's false, listened to lies thinking they are true when they aren't, and in turn think that the truth (which absolutely literally will set you free - that's not just a saying) - you think that the truth is a lie and you don't trust it. You just have spiritual confusion, that's all. And everyone does. But as you develop trust in the truth and open up to it and let go of controlling your own life, everything will be restored to peace and happiness because it's the ego's message of controlling that IS itself the problem and NOT the things that it tells you need to be controlled. It operates just like fear, which is the ego, distracting you from looking at its game.

You just need to learn to trust your true self, be truer to yourself, trust in a power bigger than your own, and realize you don't have to do this all by yourself any more. You will keep trying to do things all by yourself with your own ego and your own attempts and failures at solving your own problems until you hit your head against the wall enough times to have had enough of it and perhaps see the cracks in the ego's lies. Learn to stop listening to the lies and be free!

Fear is the #1 reason why bad shit happens in the world, or appears to, in the eyes of people who can't accept what's happening. It's the fear that forces it to look like a shitty world instead of a peaceful happy world. Fear is the opposite of love. When you feel that you are afraid, you disown your own power and give it to someone else or something else to use against you. Then you feel victimized and threatened like someone else, other than you, is threatening you and having willpower to make choices for you or affect your peace of mind. It's your own will that you're using against yourself, not someone else's! And as you know, that gives away your power and you feel even more victimized and helpless and like you don't have a `tool` to get you out of the situation and you want to escape from it by moving into even more fearful `solutions` that don't work, like shutting down or getting quiet or stopping talking or trying to hide. But you do have a tool, the only tool - the TRUTH, and it's already inside of you, you just lost track of it!

The fear will say its very familiar statement, which is some form of "I am scared of xyz because xyz will do xyz". But this is a LIE. Fear always points a finger somewhere else, at someone or something else, so that you don't ever look at the fear itself and see the game it's playing. Actually it's the game you are playing with yourself. You use fear as a tool. Everyone does. You use it as a way of pretending that you are victimized by something outside of you, a kind of slight of hand that `looks like` it's other people or things causing you to be afraid when in fact it's you making yourself experience the world *through* fear.

Behind the surface message of `I am afraid of xyz`, there is a secret hidden message which actually says `I want to use xyz to hurt me`. It is hiding under the surface voice of

the fear that says someone else caused the fear. Notice that you are always in total control of this. It is always, always you that makes yourself afraid and never the things that the fear pretends to be caused by. The apparent causes of fear come *after* the fear has been put in place, and once you are in fear you will find ANY random thing to project it onto, to look through the fear at, to tell you that the fear is being caused by that thing even if it is totally irrelevant - and it always is totally irrelevant. Fear is always a lie in this way because it is always you lying to yourself to pretend that someone else has the power to do something to you, when in fact it is you `doing it to yourself` through a form of mental distortion and turning your mind inside out. The mental distortion makes the world look like it is causing your fear, but in fact it is your choice to use fear that `causes` the world to look that way.

When you realize that fear is a game and a lie that you play with yourself, that nobody else and nothing else EVER has power to do anything to you, and that nobody ever HAS done anything to you (!!), then you are set free because you can simply realize that you still have a choice and you always were exercising your choice. You can choose again! You can choose, right now, I am not going to use fear to attack myself or undermine my peace. I am not going to use xyz to explain why I am afraid, and I am going to admit that I am using fear to position myself as a victim. And because I do this to myself, I can stop doing it with help from a power of Truth bigger than myself which I choose now to open to and align with, and then I can be free from all made-up causes of fear, be unafraid, and absolutely nobody can EVER take my own peace away!

Think about that.... you are in the drivers seat of your own peace of mind and it is realizing that you only do things to yourself that sets you free, because it's the truth. Nobody has EVER done anything to you against your will, you have only USED others to attack yourself. Admit that and you will find the escape that you have long searched for in the ego's advice. If you are the only one who ever did anything to yourself, by your decision to make yourself wrong and then project it onto something else, everyone else is completely innocent and forgiven and then you can forgive yourself, let yourself off the hook, take back your power, see your innocence, undo the guilt you put on yourself, and be free!

I've been inspired to tell you this so perhaps it will be helpful. Becoming aware of who you really are, being true to yourself, claiming the power that you yourself have given away, stopping using the world to pretend to attack yourself, stopping perpetuating the lie that anyone ever has or ever will do anything to you against your will, and choosing to simply stop doing that to yourself, is what being spiritual is all about. It's a path of spiritual growth and becoming aware of the truth. And as I said, the truth will set you free.