



The Power of Letting Go: Transforming Fear Into Love

Nicholas Corrin

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What causes us to suffer? Is the source external, or is it within us? In my work with alternative medicine, people come to me with a wide variety of problems and I do my best to help them. Their suffering is usually part physical, part emotional. However, there is something else that can be observed, deeper down. It is a kind of crack in the structure of their identity. Our mind is the real house we live in and, most often, some damage can be found at ground level. It is through this crack that fear enters.

This book is aimed at showing you how the two sides - active and passive - are, in fact, inseparable, and how to go about recuperating your inborn power, but without causing harm to others. Recuperating power does not equate with selfishness or domination. Such types of power as we typically see in the world and in history might be termed raw types of power. Because they always are used to maintain advantage or superiority over others, to force submission or to destroy, we can see their power in its crude state that has not been refined (or "cooked") in the fires of reflection. Conscience exists within us all as an elemental fire or light. This light is also a type of power in the universe, and ultimately is far greater than the crude forms of power which always work to the detriment of something else. The power of light can change this raw power and transform it from destruction into creativity and cooperation. If we observe the great tapestry of Nature, we can see within it countless examples of that raw power as species prey on others weaker than themselves.

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