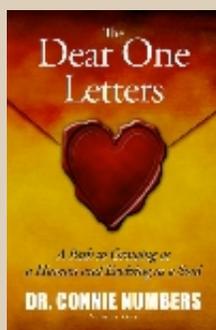




Dr. Connie Numbers, Psy.D, LCSW
Author • Spiritual Teacher • Psychotherapist

Monthly Inspirations Newsletter

July 2015



The Dear One Letters offers simple yet profound ways of communicating with ourselves on a deeper level, diminishing the worries we have in life and overcoming the fear of being the powerful Light that we are.

*LEARN HOW TO
experience joy and peace
no matter what is
happening in our lives.*

*EXPLORE WAYS
to change our lives
for the better.*

*START THE PROCESS
of remembering
who we really are.*

Give yourself or someone you love a copy of my book! It's available on [Amazon](#), [Barnes & Noble](#) and [Apple](#) in both paperback and digital versions for Kindle, Nook and iBooks. It can also be purchased on my [web site](#) for \$15 using PayPal (includes shipping and handling).

Putting Your Head in the Mouth of the Demon

Hello Dear Ones,

It never fails to amaze me how powerful we are as creators. We are always sending out thoughts of desire for what we need and want in our life, most times without even knowing it. This happened to me recently. Never having had major surgery before, I've been having fearful thoughts of my knee replacement surgery coming up next week. And although this is a 'normal' fear, it has also triggered other fearful thoughts of my future and getting older.

Without realizing it, I was not only sending out to the Universe fearful thoughts (which brought back more), I was also sending a corresponding desire to help me 'get rid' of these fearful thoughts. Lo and behold, I was given what I needed when a patient of mine was talking about her own fears. She mentioned a Buddhist saying of "putting your head in the mouth of the demon." I found this very interesting and decided to look this up online. And I'm so glad I did.

I want to share this story with you in hopes it will help you with your own fears. **It is a story about a wise yogi named, Milarepa, who lived in a cave in Tibet.** One day, Milarepa leaves his cave to gather firewood and when he returns he sees that demons have taken over his cave. They're everywhere. At first he tries to get rid of them by lunging and chasing them out. This doesn't work. Since fighting them directly brings no results, he decides to try the indirect approach by talking and teaching them the dharma's spiritual lessons. So he teaches them about compassion and kindness, life and death, and the nature of impermanence. Needless to say, they could care less. They simply stare at him with their huge bulging eyes and continue to inhabit the cave.

Milarepa realizes that no matter what he does, these demons cannot be manipulated. So, he takes a deep breath and says to all of them, "Well, it looks like we're in this together. So I am here to open myself to what you have to teach me." With that, all of the demons leave, with the exception of the biggest and the fiercest demon of them all. Milarepa realizes that he must now surrender even more deeply in order to resolve this issue one way or the other. So, he walks up to the demon and offers himself completely by saying, "Eat me if you wish." And with that he puts his head into the demon's mouth, and at that moment the largest demon bows and dissolves into space.

There is no doubt in my mind that the greatest demon all of us have to face in life is our own personal fears. And since fear has many forms, there are many demons swirling around in the caves of

QUICK LINKS

www.connienumbers.com

[Join me on Facebook](#)

[Follow me on Twitter](#)

To read past newsletters,
[click here.](#)

Dr. Connie Numbers
790 Sunset Blvd. North
Sunset Beach, NC 28468
910-575-0088

cnumbers@atmc.net

©2015 Connie Numbers
All rights reserved.

our mind at any given point in time. I realized that like Milarepa, I had also been trying to get rid of my fears by trying to tell myself all the 'right' psychological and spiritual principles that would make them go away. Did it help somewhat? Yes. But did my fears totally go away? No. Going to war and battling them was not working with me, either.

I needed to try the Milarepa approach by facing my fear and just sitting with it knowing it had something to teach me. So, instead of trying to make it go away, I gave myself total permission to have it. We were in this cave together and although I knew this stinky-breath, fang-dripping creature of fear was no friend of mine, I knew it to be my teacher, for fear always teaches us that we have disconnected from the belief that we can cope with anything. And it teaches us that we have separated ourselves from remembering who we really are: a divine being who is here for its own evolvment by going through the process of Earthly lessons.

Like Milarepa, I knew there was a deeper surrender I would have to make in order to not feel so haunted by my fear. **This did not mean letting fear swallow me up into full-blown anxiety. Instead, it meant realizing that I was the creator of this fear. This fear was mine. It didn't come from out of the blue to haunt me. It was created by my own fearful thoughts.** This demon belonged to me. And in order to put my head in its mouth I would have to ask myself a most important question: "What belief do you trust so completely that you would be willing to die for it if need be?" And I knew in that instant that it would be the belief in my everlasting life, the belief in the "forever" part of me, the belief that I'm a soul first and a human second.

By trusting and knowing this to be my ultimate truth, **I knew that no matter what happens to me in life, I am always going to be all right.** It was remembering who I am that allowed me to put my head into the demon's mouth and say, "Eat me if you will. You can only take my human life not my true life." And, not to my surprise, my fear began to dissipate and calmness began to wash over me.

For me, the lesson in all of this is that we have to become more intimate with our fears. Instead of running from them, we need to continue to run toward them. We have to be willing to look at them. It's when you don't look at fear that it becomes debilitating. From this experience, I've also become more aware that just because we're working on our spirituality and doing all the 'right' things to lead a good life, etc., our spirituality is not going to rescue us from what still needs to be looked at. Because what still needs to be looked at comes to us, whether we like it or not, for the benefit of our growth as a human being and our evolvment as a soul.

Every situation in our life is on our path for a reason and no matter what we have to face in life, if we can remember we are going to be all right, it will not only help us to diminish any fear we have, but it will also be the healing we've needed all along.

Thank you Milarepa for the lesson. And thank you God, the Universe, the Source, for sending me the people I needed at the right time so I could receive the help I was asking for, and thank you, Connie, for doing the work needed to move to the next level of your growth. (We need to thank ourselves much more often than we do.)

Blessings and much love to all of you,

Connie

P.S. It's important to note that I also had a lengthy conversation with this demon in my cave that not only led me to deeper insights, but also helped to make him go away. Although it's too lengthy for this newsletter, if you are interested in hearing this conversation, let me know and I will post it in the next newsletter.

ALSO . . . thank you ahead of time for your healing prayers on August 11th, the day of my surgery.



Yoga Vacation Program - Rest, Relax, and Recharge

The Yoga Vacation Program offers the perfect balance between activity and leisure time. Enjoy daily yoga classes and silent meditation sessions. Expand your horizons with mid-day workshops and inspiring evening talks. Treat yourself to a healing session or a private yoga class. Take quality time alone or connect with others.

Take a family yoga vacation. At any time of the year, you are welcome to come and enjoy a program rich with lectures by world-renowned speakers, daily yoga classes, delicious vegetarian meals, and plenty of time to relax in a tropical paradise. Choose from a variety of accommodation options to suit your personal needs while enjoying all the learning opportunities available at the ashram. During your stay with us, we invite you to discover how powerful the tools of yoga can be in your personal evolution, helping you to live in constant peace with yourself, humanity, and nature.

The Yoga Vacation Program offers you the ideal way to take a break from your everyday life. Whether you are new to yoga or a well-established practitioner, a Yoga Vacation will help you quickly find your way back to balance. Come alone, with a friend, or bring the whole family. You'll return home more peaceful, energized and better able to joyfully carry on with your daily routine. For more information, [go here](#).

I invite you to join the conversation and contribute your ideas, thoughts or any comments you may have about the topics I bring up on my blog. Perhaps a personal story, your opinion or sharing your feelings may inspire someone to comment or encourage them to make changes in their lives.

Visit my blog and comment: www.connienumbers/blog.html

[Forward this email](#)



This email was sent to cnumbers@atmc.net by cnumbers@atmc.net | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).