

If you only have a minute: Rooted and Unwavering is all about connecting deeply with ourselves, others and our service in the world. Find out what can happen when we let go of fear and connect with infinite joy.

Free Of Fear and Full Of Infinite Play

By Esther Groves and Hylke Faber

“Fear is love that has forgotten itself.” Gaurav Bhatnagar

Growing up in India, Gaurav Bhatnagar, co-author of Unfear and founder of Co-creation Partners, learned to see life as a competition growing up in India. The way you succeed, he thought back then, is by disconnecting from others and pushing them down. That strategy eventually led him to the point where he was burned out and “unhappily successful.”

Connecting to Source

“The opposite of fear is not fearless,” Gaurav points out. “*Unfear* is the ability to reframe emotional fear in a way you can see the emotion and the opportunity – to reconnect to source. It's not about trying to do more with the energy you have or to work smarter. It's about actually reconnecting with infinite energy, which is the ground source of all wellbeing.”

“One of the tricks for that is very simple – in order to connect to that infinite energy you need to get out of judgment - not just of things being bad, but also things being good. Because when you make things good and bad, you lose energy or gain energy, and you are dependent on external events for your joy, versus joyfully experiencing those events.” We can press our inner pause button and release that judgement.

“Then the only question you ask is ‘How can I be more effective in the situation?’ You can enjoy every emotion when you get onto the balcony. You can say, ‘Wow I’m experiencing this emotion. What is it teaching me? How can I contribute to this situation versus what is the situation doing to me?’ That is where wellbeing really sits, if you want it to be sustainable and continuous. As we do that we might discover more joy and play in our lives.”

“When you make things good and bad, you lose energy or gain energy, and you are dependent on external events for your joy, versus joyfully experiencing those events.”
Gaurav Bhatnagar

Connecting to Infinite Play

“Play, Gaurav says, is very serious business. Joy is not always smiling and laughing. It’s detached engagement - not getting caught up in your own emotion - being able to see what the situation needs and showing up appropriately and with ease so you can do what you think is best.”

“I love the idea that angels fly because they take themselves lightly. There's this beautiful concept in all spiritual traditions about play. People think of play as being childish. Play is the idea that because you are already valid, you don't need to prove anything so you can enjoy everything you do. Play is joy. Can you engage with something with joy? That is what creates lightness. And that lightness allows you to fly and

soar. So be light in everything - you don't have to get so caught up proving anything to anyone. You're already that which you want to be.”

“Instead of seeing every situation that has to go a certain way, we can see it as a learning opportunity. Always keep the learning frame on.” Gaurav Bhatnagar