

## Fear

**"Do that which you fear and the death of the fear is certain" Mark Twain**

Fear is an emotion, a feeling, a reaction, a mirror, a message, and also a warning. Fear helps us to learn. Ideally, we will learn there is nothing to fear. If you do what you fear, the fear will die.

Fear can be caused by:

- Abandonment (Will they leave me?)
- Acceptance (lack of) (Will they include me?)
- Rejection (What if they blackball us?)
- Separation (What if they want me to leave?)
- Self-Worth (lack of) (Am I adding value? Do I have value?)
- Surrender (Willingness to trust the abundance to support you)
- Trust (Can I trust my God to support me?) (Can I trust anyone?)
- Being Stuck (Why can't I make a decision?)
- Sickness (What did I do to cause my illness?)
- Incompleteness (Why am I not whole? What is missing?)
- Pain (Is my pain real, imaginary, physical, or mental?)
- Ignored (I am standing here, and they do not see me.)
- Concern for the future (What will happen to me tomorrow?)

Stop. Look again at the list above and write down one example of a personal experience of fear caused by each of the items. You will be amazed. It will be beneficial for you to review your personal examples hidden within your being. Notice how they affected all you did or did not do.

We can act out of fear, which is of earth, the mind, and the ego. Alternatively, we

can act out of love and compassion, which is of God.

Fear results in jealousy, anger, and in our being, or trying to be, someone we are not. Remember someone you thought would perform better than you? Did you not want to somehow eliminate them? Instead of being true to ourselves, we are true to whatever we feel brings us acceptance and inclusion. Perhaps you dress in a way that you think is accepted rather than as you would prefer to dress. You might try to befriend someone you are not fond of so as to be included in a group. Fear keeps us from feeling good about ourselves and from doing what we want to or should do.

Fear prevents us from doing what we may feel compelled to do. I felt the need to sell my business and write. Will anyone understand me? Will they read my book? Will they understand it? All of these questions were in my mind as I took the leap to do what I felt I had to do. Fear prevents us from creating and living to our fullest.

Fear of ridicule, rejection, and failure prevents us from taking action. Fear is paralyzing. When facing death, the biggest regret is risks not taken. Had I allowed my fears to stop me, you would not be reading these words today. Having done what I felt I needed to do, I feel fulfilled and alive.

Fear of loss or injury prevents us from living. Fear of not having enough money makes us work for money rather than fulfill our life's purpose. Fear of not having enough causes us to hold on and not share with others. To live the life I wanted, I needed to accept the risk of injury as I skied down mountains. I was willing to give up the paycheck to change and do what I felt had more value for me as a soul on earth. Sharing feels good and creates more. Only in the sharing can you see and feel the abundance.

Face the fear. Make your life as exciting, interesting, and creative as you desire by doing. It is your life, and you choose how to live it.

Ben Franklin said, "A few of the things I worried about actually happened." How many things have you worried about that never happened to you? How many bad things have happened to you that you never considered or worried about? How many things that caused you fear ended up being blessings in disguise? First, we must confront fear and walk toward it. For me, it is this book and a new career. By not responding to our fear, we will find the fear loses all its power.

Once I took the leap by selling the business, the fear subsided into excitement at what was being created. What is the worst that can happen? Death?

Die now so you know there is no death. Life is eternal. There is nothing to fear.