

FRACTURING THE FEAR FACTOR



“To conquer fear is the beginning of wisdom.”

- Bertrand Russell

Planetary wobble: Perhaps you don't feel like you're ok? Not feeling whole? Not feeling safe? Perhaps you feel like the world has gone mad? Maybe the tax man or the bill collectors have you feeling pinched? Do your friends and family seem to be acting odd? Nobody is behaving quite normal these days? So many people communicating with an edge? Maybe you're afraid you'll lose your home? Your car? Your job? Your health? Are you living with this kind of ominous and deflating energy pestering you lately? Is it impossible to do everything you know must be done to survive? Not enough time? Too little support or cooperation? Is it all taking a toll on your self-esteem? Making you feel "less than" you think you're supposed to be? A little insecure? Nervous, anxious or afraid? Is it challenging just to get out of bed and deal with another crazy day? Would it surprise you to know that you're not alone?

With our planet earth wobbling more extensively on its axis right now, we're all being challenged to grow and find a healthy balance in our lives. But this is not new news. We're always being challenged to grow and find balance. Life is loaded with these challenges - daily, monthly, annually, never-ending. Life is made up of continuous cycles, and with each cycle belong certain challenges that propel us through our life's lessons both small and great. Of all of these challenges that life rails in our direction, it seems that *fear* has always been, and undoubtedly still is, our greatest challenge.

As humans, we're born with one fear – the fear of falling. We come into existence with this fear of *falling* and, as we develop through our experiences of life on planet earth, our personalities begin to distort that fear into a fear of *failing*. Unfortunately, all fear gets in the way of joy. Like shadows block the sunlight, fear blocks our awareness of love. This can't be a good thing because as the Beatles once sang, "All we need is love." Love is the greatest power known to humankind - this light in the darkness is all we need.

As we move amid the hustle and bustle of our busy world, what, exactly, is there to be genuinely afraid of anyway? Losing our balance? Falling? Failing? 2010 opened with a Solar Eclipse in Capricorn, a sign that represents the sure-footedness possible to attain. With Pluto transiting through the constellation of Capricorn for the next thirteen years or so, that eclipse acted much like a hot match falling into a tank of gasoline, crumbling the structure we had grown accustomed to having support us, demanding that we become aware of a new concept of security. This planetary shift set off an explosive current of “transformation of the structure of all things, at all cost” on our planet. Since then earthquakes, landslides and floods have quickened and intensified, the weather patterns have churned out some pretty nasty storms, and our planet has been rocked. Many industries around the world have been shaken by this tumultuous shift in energy and perspective, and the insanities of our governmental systems are being foisted out into the light for all to see. All things of a structural nature are being torn asunder and, hopefully, as the Moody Blues once sang it, *from the ashes we can build another day*.

Not to worry really, for if you look around you’ll also notice that during this most auspicious time there is being a gathering of spiritual leaders like never before in our world. These spiritual leaders are not here to rescue us from external circumstances. They are here to remind us that we have the power to rescue ourselves from the inner chaos we’re experiencing. We’re not so far from the “masters”. We need only to be reminded that we, too, have access to the mystical power of Spirit when we take time out of the fear to be still and allow love into our hearts to permeate our bodies and minds and finally our external reality.

Over and over again the answer continues to be to find the love in our hearts through the stillness of prayer in meditation. When I say, “Hold a good thought,” this is my meaning. When we all look beyond what we think we are seeing, our perspective becomes so much broader and inclusive of more information, allowing space for more love, more peace to enter in to our beings. Whether this message comes from the teachings of the masters of the past, present or future, the message is still the same. *Be the peace you want to see*, Gandhi reminds us.

While Mars has been in a retrograde cycle over the past few months many of us have experienced depleted physical stamina, causing us to be overly critical of ourselves as well as others. Some of us have struggled with viruses or other physically repressive issues. Simply not having the physical energy available to feel strong and capable can lead us away from love and into fear.

The mind visualizes *fear*. When the mind is busy visualizing love and peace it has no time or space available for fear, and therefore has conquered fear almost by accident. Likewise when the mind is *not* busy visualizing love and peace it can fall straight into fear almost as if by accident. This is why so many spiritual masters have taught the importance of being aware of our thoughts. So yes, this is what I wish for you ... Hold a good thought throughout this day, and when you feel anxious energy creeping into your

heart, when your breath becomes short and your temper wants to follow, breathe deeply and sigh, and pause to remember that this fear is all in your mind. The circumstances may be real but the fear is not. When we remember the fear is not real then the circumstances can begin to change. As Mars turns direct once again on March 10th we'll once again begin to feel the influence of its radioactive and electromagnetic particles reaching us here on earth, helping us to think positive and assisting us with conquering our fears. This is the beginning of wisdom for when we conquer fear we discover our power to accomplish all great things!

Hold a good thought ...



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