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SPIRIT, MIND & BODY

FEAR

Friend or Foe? You Make the Call.

Don't let this scare you, but I'm going to write about FEAR. Several things have occurred lately that make me want to write about fear. One is that a friend sent me this funny email about just how lucky anyone over the age of twenty-five is to actually be alive. The email mentioned the fact that we (those of us over 25) actually drank water from the garden hose, rode bicycles without helmets, rode in cars with no seat belts, shared soda pop with our friends out of the same bottle and, didn't have a problem with childhood obesity because we were actually outside playing rather than in front of the TV playing Nintendo. Indeed we are lucky to be alive.

As I said, it was a funny email but as we all know, most things are funny because they carry a vein of truth.

Think about it for a second, how did we ever survive this long without antibacterial soap and elbow pads?

Another thing that makes

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me want to write about fear is the watching of the news on any given network. The words that stand out the most are: War. Killing. Terrorists. Ambush. Doom. Terror. Mass Destruction. Death. Terror. Threat. Power. Terror. Does anyone see a pattern here? I have to admit that I personally make a point to not watch the news because the images and words that are plastered all over the television make me well, fear-full or full of fear.

The third thing that makes me want to write about

fear is that, it is what most people I work with must overcome in order to move forward in their life. The moving forward is symbolic of any act

or state of being that is not being regulated by fear. It could be the changing of careers or the letting go of an old idea or concept in order to have more peace and love in their life.

I've listed a few common examples that you yourself might recognize: 1) You don't ask for a raise even though you deserve it, because you are afraid to be turned down. 2) You know what you want from life but are afraid to tell people because they might, a) knock down your idea or b) hold you accountable for what you say you really want. 3) You are afraid to speak your mind because it might cause controversy and rock the proverbial boat. 4) You are afraid to let-go of anything that is no longer serving your deepest values because you don't know exactly what will fill its place. 5) You are afraid to take a stand for what you believe in because you fear you might be standing there alone.

The list goes on and on but what is clear, is that we are a society run by fear. How and when and why did this happen? Didn't we use to be the land of promise? The home of the free? We're afraid of failure. We're afraid of success. We've grown afraid of trying because we're afraid of losing. We're afraid of being seen because we're afraid of getting

hurt. We're afraid of growing old because we're afraid of dying. We can't win for losing and the things we fear the most, have been given power and made a reality through our willingness to be afraid.

The definition for fear is: 1) the feeling of agitation and anxiety caused by the presence or imminence of danger. 2) a reason for dread or apprehension. Is this what has become of our Life? Agitation? Anxiety? Apprehension? Dread. If you asked me, I wouldn't say we are so afraid of dying. I would say we're afraid of living!

Keeping this perspective in mind you can begin to accept that you have a choice. You can choose to make a friend of fear by acknowledging how it has served you in the past and to recognize how it is interfering with your present. Many fears actually served a genuine purpose at one time but chances are they are no longer serving your best interest. You can thank this fear for its service

in your life and dis-empower it by acting in opposition of where it is steering you. You can take action in support of your own development rather than allowing yourself to remain immobilized by an outdated belief. This is what is "courageous" about one having courage. They have fear but take action anyway. You can refuse to buy into the fear of others. You can turn off your television and censor your reading material. You can begin listening to the words of your own voice and replace the words relating to fear, with words that are supportive of your highest good. I don't want to scare you, but actually I really do! I want to scare you into loving your life because if you start fearing that you might miss something, well you're right, you will.

"The greatest mistake you can make in your life is to be continually fearing you will make one." ---Elbert Hubbard

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