

## ♥ Snippets of Encouragement #54

Hello darlings

Today is day 54 of Snippets of Encouragement, and I would like to encourage you to release the fear.

What do I mean by that?

Well I am sure you've heard 10000 theories about what fear is, how it overwhelms and overcomes us, how we must conquer our fear and beat it...

That all sounds very combative don't you think?

Why is it that all the "bad things" we want to do something about, we have to fight them. Think about it. We have the war on drugs, the war on terrorism, the war on this and that.

We need to fight something to win but do we really?

Fear is something we all experience. In this modern age, we are not exposed to the fight or flight kind of fear from a few centuries ago and yet we still do experience fear in our daily lives.

Our fear is often concerning the unknown, the unexpected, and the unwelcome. Of course, there is also fight or flight moments of fear if ever we confront violence, crime, war etc. but for most of us our fear revolves around non life threatening experiences.

It is said that fear is the opposite of love. That all emotions arise in either love or fear. Fear has been described as False Evidence Appearing Real, and in my experience I have found this to be quite true.

When I am in a state of fear, I view my life experiences through the filter or emotion of fear and I look for evidence to prove my fear to myself.

Imagine giving yourself fully over to conquering that that imaginary bogeyman under the bed or in the cupboard. How can you? It does not exist. This is often what our fear is, that imaginary bogeyman.

And yet so often we are encouraged to do exactly that, to conquer something that is not real.

Can you see how insane that is? Giving all of your energy over to fighting an invisible opponent depletes you completely.



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So imagine if you were just to let it go. Do it in the same way you would if you were rummaging through the autumn leaves of your garden and accidentally picked up dog shit with your bare hand. You would let that shit go faster than you could yell out in disgust.

However, we are often so enmeshed in our fear we cannot see the separation between us. We don't see where the fear ends and we begin, and this is where fear often conquers us. It is because we forget to remember that it is not real. The crazy scenarios we create in our minds, the what ifs that will never be, the false evidence appearing real is an illusion.

Therefore, the next time you fall into fear, and you will, don't try and conquer it, practicing letting it go. Ask yourself is this false evidence appearing real and if the answer is in any way affirmative drop it like dog shit in your hands. When we live daily with more awareness, consciousness and choice releasing the shit becomes easier so don't give up if you fail on your first attempts. Keep on practicing, this is how we master our lives.

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