

♥ Snippets of Encouragement #183

Hello darlings

It is day 183 of Snippets of Encouragement, and today's snippet is about fear, courage and action.

I am currently away for a long weekend with my partner in the Harz Mountains near our home. I love this part of Germany because it's where the former East and West met in a marked and powerful manner and because it's a haven of glorious nature with fun activities all year round.

My partner has decided to hike one of the trails through the mountains and I'm acting as support crew and driver.

Yesterday we decided to visit one of the attractions near our hotel called Titan XT and by the name alone I should have known I'd wet myself. So what is this titan thing?

Well it is next to the largest dam wall in Germany and is a swinging bridge that traverses 486m across the ravine. It's not built over the water but rather is on the slews gate side, so literally over a void.

These ideas always sound better in theory than reality right? So my dearly beloved is petrified of heights and while I am not petrified I can't descend if I need to. We arrived at this bridge and admired the beauty of it. This colossal steel structure suspended hundreds of meters in the air and the longest of its kind in the world.

The moment I stepped onto the thing I thought, "ANGELA WHAT THE FUCK ARE YOU DOING?! SERIOUSLY WHAT?"

My partner was in front of me and she was exuding waves of intense anxiety. I could feel it hitting me in the face and washing over me and it felt terrible. Then there was my own fear to manage and it was not pleasant.

I did many things correctly. I kept a grin plastered on my face, kept my eyes on the horizon, kept moving forward and thinking positively. I would call out encouragement to her as we went. I figured out that the more distance I kept to other walker the less of a bounce I experienced. If bunches of people approached simultaneously, the bounce and swing was sickening.

Half way across, sweetie waited for me and wanted to take photos together. She was grey with anxiety and the pics make her look somewhat ghost like. I reminded her that we had nothing to fear. This bridge was German engineering at its best and as long as we kept moving forward and not looking down all would be well. I let her go ahead and set off again.

Then within myself, all hell broke loose. I made the mistake of glancing down and realised the part of the bridge I was about to step on had a different construction style to the rest of the bridge. I froze, completely terrified. I had visions of this being



♥ Snippets of Encouragement #183

the weakest spot on the bridge, of it breaking apart and OMG do you realise how high you are and what a terrible death you will experience.

I literally wanted to sink to my knees and weep. I felt every atom within retreating upon themselves and shrinking to nothingness. Every assurance I had felt about the safety of the bridge and my ability to cross it flew to the depths of the ravine and I think I actually cried within, "MOMMY!"

Sadly, my deceased mother could not help me, nor could my partner who was fighting her demons. I was the only one who could get me over that bridge.

There is a famous quote from Tagore who said, "You can't cross the sea merely by standing and staring at the water." In that moment I knew this is true for me in that situation and every life situation. We cannot accomplish anything unless we take action, regardless of how terrified and anxious we are.

We can stare, longing, wishing, and hoping but nothing will happen unless we take a step in that direction. Of course we can also choose to stay motionless but one thing is certain, no crossing will occur.

We have all experienced moments when we cannot imagine a way forward because we are frozen in fear and uncertainty. In those moments, we need to hold on to what we know to be true, about both ourselves and the situation we find ourselves in. When I say hold onto the truth, I mean our highest truth, not the truth that presents as such but is negative and soul destroying.

We need to be determined and resolute in the face of fear. In those moments of inner hysteria, I literally forced my eyes back to the horizon. I reminded myself that I'm able bodied and can walk, I also held firm to the fact that this bridge was a feat of German engineering. I waited for a moment when few people were coming from the other direction and I set off with great determination. I was unwilling to believe the truth that my fear was presenting me, but rather held onto everything I know to be true about myself to get me over that bridge.

Be encouraged today to be resolute in the face of fear. Life is a challenge that's full of many vast oceans for us to cross. We can view the challenges as adventures, fun, or wonderful new experiences. We will always find a way if we are invested in the knowledge and belief that we can. After all, fear is false evidence appearing real, we just need to know what it is and respond accordingly.



♥ Snippets of Encouragement #183

If you've enjoyed reading this snippet of encouragement there are three things you can do. **SHARE** it with a friend. **ENCOURAGE** another person today. SIGN UP using <http://eepurl.com/dlt8Fj> to receive the Snippets live to your inbox each day.

