

♥ Snippets of Encouragement #245

Hello darlings

It is day 245 of Snippets of Encouragement, and today I want to talk about the cost of fear.

Have you ever stopped to think how much fear costs us, not only financially but also physically, emotionally and spiritually?

Let me give you a quick backstory.

Today at lunch, we were talking about how this generation of children is being raised to be risk-averse and with different *handicaps* of sorts. So many kids are on medication for various disorders that until a few years ago were considered normal behaviour in children. Many children are treated as delicate wallflowers rather than the robust little human beings that they are.

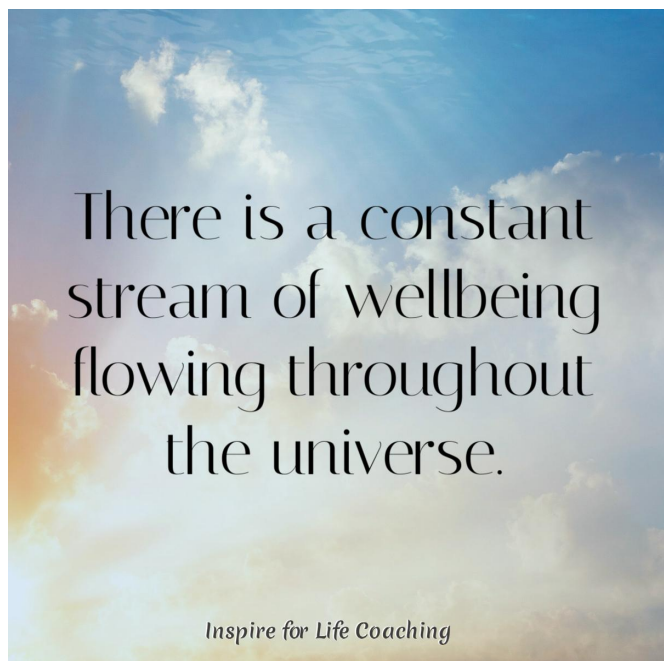
I think that fear is the predominant driving force that many parents are operating from. Parents are acutely aware of all the terrible things that could happen to their children and are doing everything possible to prevent anything terrible happening to them. While it is in no way wrong to protect and care for your children, perhaps parenting from a well of fear is not the healthiest way to raise the next generation.

Coincidentally the motivational quote I received from Abraham Hicks today said, "The more fear one has of anything, the more a vibrational match to the thing that they fear they are. Help your child discover that if she makes things that are potentially frightening a non-issue to her, then they don't bother."

We know that the things we give our attention to we create more of, and as Abraham says if we become a vibrational match for those things, then we bring more of that into our lives.

While the fight or flight instinct is biological, much of the fear we experience in modern living is not. It does not help that within seconds, fear can spread across the world and into our homes, offices and hearts at the click of a button.

People have learnt to fear one another based on racial profiling and version of a story that is neither factual nor true. Whole industries are built on and supported by the fear that drives them. Think of the private and home security industries, think about the aviation industry, think of the drug and food industries.



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So much has been done in the name of creating safety, but what it's doing is spreading fear and creating more bondage within humanity than ever before.

The next generation will grow up believing it's normal for their phones to spy on them or to live in a city or town riddled with surveillance cameras and technology. They will cluelessly share the prejudices and hatred of the previous generation, just as we have done for the generation before ours.

Many of the things we fear are neither reasonable nor conducive to an abundant, prosperous life.

It is time for us to face our fears and make them into non-issues. I know that seems easier said than done, but when we start to awaken and live with conscious awareness, we can't help but see things as they really are.

There is a constant stream of wellbeing flowing throughout the universe. We don't experience this because in our fear we have chosen to separate ourselves from the stream of wellbeing. It's almost as if humanity has willfully chosen pain and suffering before abundance and prosperity.

I don't know about you, but in my life, I want the stream of wellbeing to be a flood that I surf joyfully to my grave. Why the hell should I, or you or anyone else, grovel on the desert floor of fear and despair when right next to that dried out bed is flowing a river of absolute wellbeing.

We know that everything in life is a choice. We can choose to remain separate from source energy and live in fear. This choice costs us a healthy, happy life when we trade in our birthright of joy and wellbeing for the antithesis of that experience.

I encourage you today to look at the cost of fear in your life. If you sit with this idea for long enough, you may even arrive at a realistic monetary value. However, you can also easily see the cost fear has had on how you think, feel and act in your life. That is the perfect benchmark to see what a life of fear may be costing you.

Is it time for you to create some non issues around the fear in your life darling, or will you continue to pay a heavy price for a life lived fearfully?

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