

FEAR

Each and every one of us can relate to fear. Everyone experiences fear to some degree sometimes, if not everyday.

We need to realize and understand that our fears are only “what ifs”. You can imagine worst case scenarios all day long, but that does not mean your worst case scenario fear will ever manifest into your reality. It is just your imagination creating some non-existence problem that you become afraid of happening.

Usually our fears have to do with bad things happening like we will get very sick, be in a car accident, lose something major such as a spouse, child, or job. When this thought flies across your mind's radar, we know that this terrible thing could happen (again, it does not mean it WILL happen) and we let our thoughts take us to that fearful place where we are afraid and all alone.

Do you ever stop and ask yourself “why” we let our mind's thoughts take us to the most negative possibilities?

The other side of the coin shows us wonderful possibilities to the “what if” questions. Put positive energy to the “what if” and see what thoughts pop up. You will be filled with joy thinking about surviving an illness, spending everyday moments with your spouse and children, perhaps moving onto a job you absolutely love and cannot wait to get up and get to it the next day.

Instead of putting negative energy to your “what if” questions, which only brings about horrible possibilities, put a positive thought to your “what ifs”. Our thoughts are just that, thoughts. But once we put an action to the thought, it becomes a choice. Choices are what comes into our reality.

Choose wisely!