

Seeing Through the Illusion of Fear

by Jennifer Yost

Fear is as about as forceful as an illusion can get. Not one of us is a victim of fear. Fear is a choice, an automatic response for many of us. We may think by being afraid it will keep us safe. To realize fear is

an illusion is the beginning of freedom; nothing can harm you because you are eternal. It has been said that worry and fear are not tickets on the express train, but are extra baggage. You were going that way anyway, without worry, you would have arrived exactly where

you are now but more pleasantly.

Fear is tenacious, the intellect will cling to fear because it has created it. It talks to you in logic and reason; be wary of rational thinking. We have been socialized to respond from fear, it's a habit, just watch the news for an example. As you recognize fear, you will begin to be able to loosen the vice grip; not that it has on you but

that you have on it. Fear will go away once you give it permission.

It may seem like a great risk to release the beliefs of fear that seem to have kept you safe through life. Do not let fear weave tall tales of what love really is, fear does not know. Practice witnessing fear. We can become consumed by it when we are frightened. Witness is always

there. When you focus on the witness part of you, the noticer of it is not fearful. Once you are able to become more of a witness to fear rather than an experiencer of it, fear will be something that scurries through the room from time to time; you can let it run through one door and out the other, you need not feed it until it becomes a monster. By practicing this, you may even comment, "oh, there goes fear again."

The only reality is love. Each life circumstance is open to the choosing of fear or the choosing of love. Look to where fear lies and choose love, that is our real work. Love yourself and others as long as you are able, then watch what closes the door. Fear is only as strong as your avoidance of it.

You can honor the illusion but not get lost in it. We have chosen to be human, therefore, we are subject to the planet's laws. Can you see the wisdom in locking your door if you live in a high crime neighborhood but while still being loving? Or wearing a seatbelt? As long as you're in a physical body it is self-loving to take care of it, you honor yourself by securing

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Help Yourself by Helping Animals

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like this place because they take in elderly ponies and horses. They not only save and care for the horses but Dr. Vel also helps children as they volunteer and learn to ride and care for the horses. Several have told me she has saved their lives through this experience. She lives on a wing and a prayer for sure. She actually lives in the barn with the horses! She really needs our help now.

Pigs: Pigs Peace Sanctuary in Stanwood, Wash. The founder, Judy Woods began helping one pig at a time. Now, there are hundreds and some other farm animals as well.

Birds: Mollywood Avian Sanctuary in Bellingham, Wash. Betsy Lott and her husband live here with over 400 birds, mostly types of parrots, from small to very large. They need lots of help from building outdoor

flights to donations of newspapers, towels and money.

Chimpanzees: Chimpanzee Sanctuary Northwest in Cle Elum, Wash. This is a relatively new place saving research Chimps. Their work is truly amazing and they need our help to save more and expand the habitat.

Wildlife: Sarvey Wildlife Rescue and Care Center in Arlington, Wash. They rescue and rehab wildlife from all over our area. They even operate an ambulance that picks up from drop off locations around the area. They need volunteers as well as money, especially during baby season.

Small animals: The Best Little Rodent, Rabbit and Ferret House in Lake City, Wash. If you love the "wee" ones, this is a great place to support.

Tucker Memorial Fund: Administered by Martha Jordan, this fund is currently raising the money needed to purchase two

more Karelian Bear Dogs for our state's Department of Fish and Wildlife. This is an exciting project and is the best way to humanely deal with wild animals causing problems with humans. You can send a check to: Tucker Memorial Fund, PMB 272, 914 164th St. S.E., Mill Creek, WA 98012.

Please join me next month for more on Karelian Bear Dogs and what this project is all about.

Martha Norwalk is an animal behavior therapist and host of Martha Norwalk's Animal World, Sunday mornings, from 9 a.m. to noon on Alternative Talk AM 1150. She can be reached at Martha's Canine, Feline and All Creature Counseling at (206) 525-2016 or www.marthanorwalk.com. For a free, no obligation telephone evaluation or to make an appointment for Martha to work with you and your animal friend, give her a call.

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