

Lately, people have been telling me how afraid they are and asking for ideas about how to handle the fear. There is so much going on in our world that can cause us to feel fearful, and it has been going on for awhile.

There are the wars, severe weather disturbances, political posturing, the financial and employment scene and so much more. We're hearing of people losing their homes and their lives. Pretty much wherever you look you can see something that could cause you to feel afraid.

So, what to do? Pull the covers up a little tighter and hope the nightmare ends soon? Ignore the whole thing, saying it is an illusion you refuse to participate in? Pray and hope you get through it unscathed? Maybe do a little of each of these, and then try some of the following ideas as well.

Breathe. Go ahead. Right now. Take a nice full breath. Really feel it deep down into your belly. Slowly release it. Now keep doing that while you read!

When we get uptight or scared, the first thing we do is hold our breath until we are forced to breathe and then we take shallow breaths. There is nothing as calming as taking deep, regular breaths. When we take good, full breaths we bring a calming influence into our bodies

Living The Good Life

by Krysta Gibson



Are You Afraid?

and minds. No matter what is happening to you or around you, the first thing to do is keep breathing. At least you will know you are still alive.

Identify your fear. Name it. What are you afraid of? Do you fear losing your home? Business? Job? Investments? Family? Are you afraid of what might happen to the country depending on who our next president is? Do you fear what will happen to your children and grandchildren 30 years from now if something isn't done about the environment soon?

Whatever makes you feel afraid, get out a piece of paper and write it down. As much as you can, get it out of your head and onto a piece of paper. Look at your list and ask yourself if there is anything you can do about the issues you listed. If there is any action you can take regarding the issue, write it down. Keep going through your list of fears, asking if there is anything you can do and then write it down if

there is something.

Whatever it is you can do, move that item to your calendar or to-do list and then do it. Once you have done it, let the issue go.

If there is nothing you can do about the issue, let it go right away.

What? Yes, let it go. Think about this for a minute. If you can't do anything to change the issue, will worrying help? I don't think so. And if you have done what you can about the issue, will continuing to worry help? I don't think so.

It is easy to be addicted to worrying and think this means we are contributing to the solution. If worrying could solve anything, this world would be problem-free by now. Worrying is a negative habit that only makes you and the people around you feel bad. It doesn't solve anything.

There are many ways to learn how to let go of worrying, things such as the Release Technique (the

Sedona Method), EFT, and others. It is also helpful to realize you are not responsible for the entire world and its madness, only your own. Do take responsibility for what is yours, do something about the issue, and let it go.

Spending quiet time in reflection, meditation, or prayer daily is a great way to learn how to let go of worrying and to find your own life rhythm. If you have emotional issues that are plaguing you, get some counseling or therapy and deal with them. It is difficult enough to handle what is going on today without being unduly influenced by events of your childhood.

Look at the big picture rather than letting yourself get bogged down in the smaller one. A good way to put things into perspective is to imagine yourself floating out into space and looking

back at the earth. Try to find yourself on the planet. You can't. From the bigger perspective, all of this is so small, including us. This exercise isn't to diminish who we are or the contribution we can make to the planet. It is to remind ourselves that we are only one part of this whole reality. This makes it much easier to let go of fretting and worrying.

Find a way to laugh daily. Watch a movie or television show that really strikes you as funny and which will get you to laugh. There is nothing like humor to break us out of our fear and worry trances.

Do something creative every day. Whether it is writing, drawing, coloring, baking, singing, or crafts, doing something creative helps us to ground and focus in a positive way.

Get physical. Walk, swim,

jog, run, play tennis or golf; do something that gets your body moving. There is nothing like physical exercise to work off the heebie-jeebies.

Finally, remember everything is going to be all right. No matter which way things go, it is all okay. Always has been and always will be. Even if you lose your money and your home, you will still have yourself. The trick is to be sure you are happy with yourself and you will always be able to know your next move no matter what happens around you.

Krysta is the publisher of New Spirit Journal. She is an author and consultant. Her next business classes are being offered through Everett Community College. Go to www.krystagibson.com for information.

The Healing Power of Jigsaw Puzzles

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puzzle together while in a powerfully creative meditative state, we are shifting the focus in our subconscious from confusion and inundation to proactively working on the solution. We become rewired to take a more balanced, holistic view of our lives, considering all the little pieces, but also how they fit into the big picture. We begin to make connections between things that may have previously seemed unrelated, such as relationships between our emotions and our state of health. Patterns begin to make sense as we focus that energy and apply it within our own lives. As the jigsaw puzzle takes shape, the different parts of our lives start coming together to form a sensible picture.

Jigsaw puzzles are a unique exercise

that allows us to achieve a state of creative meditation, while providing a fun activity that imparts a sense of accomplishment. The benefits to the brain are becoming more and more clear. Perhaps even more powerful are the effects on the subconscious in helping us piece together this puzzle we call life.

Trish Barker is a homeopath living in Maui, Hawaii and is the owner of Connections, Jigsaw Puzzles for Healing, a company that offers exclusive jigsaw puzzles featuring positive and healing images for focus. For more information about her homeopathic practice or Connections Jigsaw Puzzles for Healing, please visit www.connections-puzzles.com or contact Trish, P.O. Box 661, Kula, HI 96790, trish@connections-puzzles.com, (808) 344-4435.



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