I Care Chronicles – Fear, A Pathway to Joy February, 2021

Pam asked us to clarify why Fear is necessary. She has been challenged by this emotion over this lifetime and fear is a prominent discussion of topic with her clients and friends. We will attempt to put the energy of fear into understandable ways as to us “Fear is a Pathway to Joy.”

We would like to include this poem or a statement of such, that was shared by Marianne Williamson to the world many years ago. We feel it appropriate to start our discussion of fear.

**Our Deepest Fear**

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.

We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you *not* to be?
You are a child of God.

Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.

We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.

It's not just in some of us;
It's in everyone.

And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.

Fear has many attachments and meanings to life. We understand that your world has labeled fear as a lower vibrational energy and as such something to avoid or something that can hurt you. We would like to remind you that everything you know has been learned by someone previous and as such, continues to hold that person or persons thoughts and feelings attached to it. As you, the child, not sensing your light or your gifts, you looked to others to find your way in this world of Earth. You questioned, you perceived, you made decisions based on what others may have shared and you now have a perception of your world that may or may not vibrate completely with who you truly are. That being said, most of you will understand that at some point in your life, you have questioned what you believe and who you are.

Who are you? You, everyone one of you, are a part of the light that continues to vibrate in a energy of love. You are connected to each other through that vibrational energy. You are love. You are light. You are a part of everything. Pam would like to say interject here and say that these thoughts, alone, can shake her foundation of safety. She says to us, “If I am a part of everything, I fear, that I may be responsible for things I don’t like about what I see in the world.” Our answer is yes. Yes, your energy input affects all, however, instead of feeling fear, we suggest that you pay more attention to your own thoughts and feelings to know how you may be affecting the world in a negative manner. Look at the poem again. You do not serve the world by playing small. The energy of fear sends most of you into that shrinking energy. To hide, to look for safety somewhere other than with you. You are the one who can comfort you. You are the one who is connected to love, acceptance, all the higher energies, as well as the lower energies. You are connected to ALL. What would you like to give attention to? What you like to feel? What would you like to do to help, as that light of connection in this world? If you don’t like the energies in your world, what do you like and how can you change the energies with you? If you are in fear of the darkness, the unknown self or the unknown evil, how can you shine more brightly than that darkness?

You do not serve anyone, including yourself, by hiding *your* true gifts and abilities, *your* true light, *your* true brilliance. Without darkness how would you recognize light? It is meant to help you. It is meant to help you discern you from the darkness. If you are light then you can share that light in any way or form you desire. We encourage ALL of YOU to know your light, fully and completely. Then be that. Honor who you are by presenting that light self to all that comes in contact with you. You will feel peace, a knowing, a completeness and understand that you are positive energy/light. The continuation of learning about your light releases your fears of the unknown because your fear has been of your own darkness and the darkness of others. You are choosing to see all energies to be able to discern what you wish to challenge or hold dear. When fear raises it’s head, you can thank it for showing you what you needed to know to make your own decisions about you and your world. Knowing is freedom. Knowing will bring joy to your life. We love you very much.