



ALLORAH'S INSIGHTS

September 8, 2008

Last week's Labor Day holiday signaled the end of the summer season and the move back to our regimented lives. The idea that we've missed out tends to push us into a "hurry up and squeeze it in" mode. Life is not a race. Even so, a large percentage of us spend most of our time rushing around filling our moments with empty tasks; some mindless, others necessary.

The challenge here is that our need to do these tasks can stem from fear. Mindless tasks can be a way of self-medicating because we are afraid to be present. The necessary tasks can also stem from our fear to be present; to fully partake of our life.

When we are consciously aware that we can never be severed from our divine nature, we are better able to navigate the pathways of our life. It is up to us to be conscious in each moment because each of us has both the free will and the ability to tune out or tune in. Like a pilot in an airplane, we have highly evolved tools with which to gauge our location respective to our destination. Some of the tools are cool and fun while others are more dramatic. Fear is one such tool and tends to fall under the heading of dramatic.

Fear is a primal emotion. Fear has helped us get out and keep out of trouble for at least as long as we have existed. Fear, in some form, is effectively used by all life forms. Fear can be used as a weapon of destruction against ourselves and each other. Fear can be used as means to enslave, coerce, suppress and manipulate. However, fear in its most basic state is neutral. Yes, fear is neutral. Fear is meant to be our faithful servant; yet, we have allowed it to become our master. Like a golem, fear tends to take on a life of its own. To illustrate my point, the re-animated man in Mary Shelley's Frankenstein is essentially a golem. We tend to call him a monster when in reality it is Dr. Frankenstein who becomes the real monster. He sought to circumvent and cheat the natural order of things to serve his own design for his own reasons.

The beauty of the natural order of things is that it is a Consciousness which, never forgets that it is first and foremost an expression of the Divine. It is therefore always in Divine Order. This Consciousness is the Will of God to which we refer in prayer. Like the airplane pilot, this Consciousness responds to our choices and the consequences of those choices to correct our heading, keeping us on track according to our collective and individual will. As a result fear can still effectively serve.

We live in a world in which we are bombarded by things that feed our fear and keep us afraid. To be afraid or fearful is to be so full of fear that we shut down and go unconscious. We are numbed out and fall into hypnotic comas of reaction. Fear's true purpose is to wake us up. To invigorate us and alert us to danger so that we can respond to a real threat. In healthy fear our senses heighten so that we are hyper-present and able to draw on our super human abilities. Time slows, our strength increases, we have MacGuiver-like ingenuity. Whatever we need

becomes available to us, out of thin air if necessary. Divine Will unites with our will and we are safe because we can respond and we are not alone. We meet the challenge and life continues.

There is a side benefit to the real moments of danger that trigger a healthy fear response. They remind us that life can be precious. Those moments can help us to re-connect to our reasons for being. They can restore our faith. Most of all these moments can motivate us to make the most of every moment so that we never again return to "hurry up and squeeze it in" mode.

Namaste,
Allorah