



## Feel the Fear and Do It Anyway

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Each of us at some time in our lives will come up against a challenge that will offer us an opportunity to make a leap forwards in our lives or to stay where we are, safe but perhaps less fulfilled.

As I mentioned in my e-newsletter last month I faced one such challenge in my recent visit to give Reiki to Phyllis in Arizona. Several people have commented on this, so I thought I would share a little more of the experience with you!

When Phyllis and I were discussing my visit she mentioned that she would need me to drive her. I reminded her that I'm not a confident driver and she said that if driving was going to be a problem, perhaps we should forget the visit. So there was the challenge: Either I faced up to my fears and went or I let the whole thing go because I was afraid.

In my self treatments over the next days I thought about this challenge. I realised that I was afraid of how I anticipated I would feel in the situation, based on past experience. I also realised is that I'm not the person I was then: my health - both physical and mental - is much better now. So I should not assume that my experience would be the same as it was then. I also asked myself if I was really going to let my fear of driving stand in the way of being with my friend in a time when she needed support.

So I decided to 'feel the fear and do it anyway', knowing that driving would be challenging, but being

prepared to receive support from Reiki in facing up to it. For all of us there is a point where we are at the edge of our comfort zone and we are asked to take another step. In my spiritual life I am committed to taking these challenges because I know that in facing up to them there is always a deepening and enriching of life.

I was thrown into the deep end being asked to drive on my own the very first day. With no-one to remind me which side of the road to drive on, or help me with the different road system, I had to find my way in a strange place (with, as it turned out, incorrect directions) in a car with a steering wheel on the other side. And jet lag too. It could hardly be more frightening!

Reiki has taught me to stay calm, take my time and most of all to have faith. So yes I got lost, but I didn't panic, so soon worked out where I was supposed to go and made it safely to where I was going. I felt a great sense of achievement and a humming bird came to celebrate with me.

As the days went on I faced more driving challenges, but began to appreciate my driving skills and ability to take it steady, not panic and stay in the flow. I'm glad that I felt the fear and did it anyway, supporting Phyllis and receiving the gift of the many wonderful experiences in Arizona.