



June 2013
**From the Desk of
Rev. Chuck**

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Dear Friends,

It seems that there are a lot of fear based stories being generated through the news media outlets. I guess the old adage of “fear sells” is the norm for society today.

No matter how hard we try, fear seems to creep into our lives like a thief in the night to steal our sense of peace and well-being. Granted, fear is an intrinsic emotion wired into our very being designed to keep us safe. So it is up to us to determine what is real and not real when it comes to fear.

If the fear you are experiencing is due to a life threatening situation, such as facing a rattle snake, then by all means get away from it. That is a normal reaction to fear and needs to be listened to and acted upon.

However, if you are experiencing any of these types of fears:

The fear of not being good enough; The fear of expressing your own opinions; The fear of being alone; The fear of becoming sick, or not getting well again; The fear of being yourself, being authentic; The fear of what others think of you; or the fear of failure or success; just know that these types of fears can be conquered.

If your fears wear any of these faces: Shyness, anxiety, insecurity, worry, panic, terror, or dread; they can be changed. These are all toxic fears that have no real purpose in your life. They are toxic because they create a sense of doom and despair. They cause you to fall into the Job Syndrome, “That which I have feared has come upon me.”

You have the power to change fear into faith, to know that nothing can harm you. What is the power you have? The power of your mind, the thoughts you create, and the emotions that are stirred up by those thoughts are all under your

control.

Unity teaches that when we recognize fear as an emotion having little to do with the circumstances or conditions with which we are faced, we find it easier to handle. Fear comes from the belief that there is an external power - from the belief that there could be some condition, circumstance, or threat that has power to harm us or to keep us from our good.

In Mark 5:34-43 there is the story of Jesus being asked to heal the daughter of the ruler of the local synagogue. When he arrives he is told she is dead and there is nothing that can be done now. Jesus ignores them by saying, “Do not fear, only believe.” then he takes Peter, James, and John into the house with him to heal the daughter.

What I love about this story is that fear can be conquered. All we need to do is use the method Jesus is reported as using. Using our metaphysical lens to see the lesson within the story we see that Jesus (The Christ Consciousness in us) calls upon Peter (Faith), John (Love), and James (Judgment) to be there with him as he heals the little girl.

Using the three step method of conquering fear there is nothing you can't do. When you use the kind of faith that knows that if God is for you, who could be against you, you learn to trust the process. When you allow love to be present, fear finds no place to hide for love conquers all. As the writer of 1 John 4:18 stated, “Perfect love casts our fear.” When you allow the power of discernment to help you rationalize the situation you come to realize that your power to judge rightly dissolves those fears into nothingness.

You have within you right now the power of God supporting you in all that you do and that part of you knows no fear. You can get in touch with it through your prayer and meditation time, so that you can say, “Fear knocked on the door. Faith, love, and judgment answered. No one was there.”