

GO TO MEET YOUR MAKER
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I am not very religious (and not a theist), but I very much like the Christian idea of going to meet my maker rather than just waiting to see what happens to me in my life. I am very pro-active in that regard and in a similar way I am also into preventive medicine as much as my lazy exercise and eating habits will allow me. These old habits are hard to change!

There is no backdoor to life for me to just slip out of and make a quiet getaway. Since that is the case, I don't have to be a genius to know that sooner or later I will have to walk through the only door that is available to me, which is also called the end of life. That being the case, I might as well walk through it with my eyes open rather than be dragged through it by the reality itself. I am not alone in facing that. We all have to at some point.

The old saying "There is nothing to fear but fear itself" is so very true. I am often blinded by fear and have to learn to look what I am afraid of in the eye. What we fear out there is seldom ever as bad as the actual fear itself. And that fear can be overcome, but it is a trip.

Fear of the Unknown

In my own case, it is usually the unknown that gives me pause and causes me to hesitate in any forward motion I have going or sometimes even go into a tailspin. I don't know what all is out there in my future and my imagination is not always a friend. My own fear of what it might be is often all that I can see and I know intellectually that fear is not something that will ever give me direction, or at least shouldn't.

I have found that when fear does arise, it is so easy to give up and turn back to old habits, and hard to persevere and progress forward. I must be very careful at those times. And it is a case of learning to trust myself. I am trying to learn to trust myself more. As I recently told a friend, the middle of a tightrope is not the time to pause and consider things. We need to move forward.

My own fears tend to define the periphery of my vision and are always sort of out there floating in the distance. It is a shame that fear can define what surrounds us, instead of light. I have to be careful not to mistake my own fears for my actual future. Fear 'can' be overcome and when that happens, the future beyond fear comes clearly into focus. We can then see the future. And we all know that it is exhilarating when fear is vanquished and we learn to trust ourselves.

But this is not for the faint of heart, this looking fear in the face. It is so easy to just turn back and be confined by what we fear, to walk or live in fear of one thing or another: money troubles, family troubles, world troubles, etc. I hate the three-o'clock-in-the-morning experience of lying in bed staring at the ceiling worrying about this or that problem.

My message here, perhaps only to myself, is that I have no choice. When confronted with my own fears, it is better for me to look into them or at them directly and to carefully move forward through them. Fear, like an early morning fog, is something that once we are actually in it, we can see through and that, with a little light, will soon evaporate. This is what I am finding out.

I don't intend to be particular morbid, so forgive me if this topic is too heavy.