



Walking Through the Wall of Fear

By Reverend Sandy Jones

When you think about fear what comes to mind? Jumping out of the way of a train? Walking down a dark alley at night or a very bumpy ride in an airplane? What about the kind of fear that stops you from picking up the phone to call about that job in the paper? Or the fear of stepping out of your comfort zone and trying something new?

Fear wears many faces for all of us, and it absolutely can mean very different things from one person to another. The kind of fear I'd like you to look at right now, is the one which stops you from stepping into your greatness. The fear of change. The fear of uncertainty. The fear of the unknown. We all have it at one point or another. But can we walk through it?

Are you willing to walk through the wall of fear?

I read a book called *The Dream Giver* by Bruce Wilkinson and it's a story about a person named Ordinary who lives in the land of familiar. One day Ordinary wakes up with a big dream beating in his heart. But for Ordinary to achieve the big dream he had to leave the land of familiar, his comfort zone and he faced many challenges. The biggest one, which came right after leaving his comfort zone, was called the "Wall of Fear". The amazing thing about this wall of fear is that it is an illusion. Its smoke and mirrors placed there by your ego to keep you back. It's trap.

In my experiences I have stopped short of the wall of fear. I have even run from it. But more recently as I step deeper into my spiritual journey, I have come to know this wall of fear very well. In the summer I had the opportunity to face the wall, several times over a period of 2 months as I stepped out of my comfort zone to create a new business. Each time, I looked at this wall with dread and anticipation. But I knew deeply, that in order to get to the next step in my success, I had to face it head on and walk through. It's not easy, but I am here to tell you it can be done. It takes willingness, tenacity and a very conscious view of what you are experiencing in your thoughts and how they translate into your actions.

If you are someone who faces fear and stops short of your hopes and dreams because of fear, think about it. Is it real? Ask your self the compelling question: What am I afraid of? And listen to what you have to say about it. Remember it is you who is in charge of your life. It is you who creates your thoughts and it is you who creates your fears. But more important than that, it is you, who walks through the wall of fear. You can do it!

Sandy Jones is an ordained inter-faith minister who has worked as a designer, teacher, software specialist, and entrepreneur in the tech industry for the past twenty-five years. During that time she realized her passion and talent was in motivating others. This inspired her to create Soul Motivations, a ministry devoted to helping you remember. soulmotivations@cox.net 480-491-2464 www.soulmotivations.com

Helping you Remember