

**Fear can be both my enemy or my friend.... It can in the blink of an eye rob me of my clarity and discrimination....** It can thrust me into panic and confusion.... It has the power to deceive and disable me.... And yet fear is not all that it appears to be.... In fact the greatest fear is the fear of fear itself.... This is my real enemy.... Because it divorces me from the truth and from my potential.... When I remove the blindfold of fear from my eyes I am able to see that fear is not my enemy at all, it is my perception of fear that is the problem.... Fear means me no harm, it merely comes to alert me, to warn me.... It has no intention or desire to hurt me.... It is a protective drive that seeks to steer me away from that which can harm me.... When I see fear in this way I am able to form a friendship with it.... I stop battling against it as I come to realise it is not my enemy at all.... I have wasted so much time and energy misunderstanding fear.... It is now time to embrace it as a friend.... Facing fear is not as scary as it sounds.... Once I recognise fear is indeed a friend, a messenger bringing some beneficial insight to my attention, I readily go to meet it.... As I begin to see fear as my friend I am able to look into the eyes of those things I have run away from and see them in a very different light.... I have nothing to fear except the fear of fear itself.... And I let that go.... I look closely and carefully at those things I have avoided and I see them all differently.... **I see that I have nothing to fear, I stop running away and move towards my experiences realising they are all opportunities, opportunities to grow... and grow I will....**