

## **FOR YOUR Body, Mind, AND Spirit**

### **Ready, Aim, FIRE!**

He calmly lit the gauze-wrapped end of an aluminum rod and the flames grew to 10 inches high. He tilted his head back and placed the lit end into his mouth and closed his lips around the flames! He then opened his mouth and took out the rod; smiling, unscathed. “Now, you’re going to do it!” he announced to a room of about 1,000 people. We were all going to eat fire? Um, check, please!

Obviously there was fear that had to be dealt with, and that the purpose of doing this was to get through the fear. This was a training and reminder that when something happens in our lives where we’d normally experience fear and let it win, that the fear doesn’t have win—we can. Granted, some fears are really good ones. Like if a bus is coming at you at a really high speed, fear will most likely be the reaction and give you the strength to get out of the way in time. A good thing, for sure.

When fear isn’t healthy is when it’s in reaction to situations that aren’t life-threatening. When we let our fears win, we live a life of quiet desperation. Most of our fears are projections into a possible, though ultimately imaginary, future. But our bodies react as if that situation was happening right then and there. Indeed, many of us have thought about an upcoming event and felt nervous, anxious, even scared, yet those are all reactions that needn’t be. Why? Because the causes are not real. In that moment, they’re a projection, and odds are high that it’s the mind gone rampant that brought you to it!

Fear and worry are interrelated. Many of us worry about that which cannot be controlled leading to unnecessary fears. Worry is the activity of a mind not connected with the present moment, because in most cases, we’re very safe. In those moments when we’re not, our instinct will overtake the thought processes anyway, so what’s the use in worrying? It’s like complaining, in that both activities are end results of non-acceptance of what is, and/or not taking proactive steps to bettering our lives. When worried about a loved one for example, we can let our mind wonder about what could be or just pick up the phone and know within seconds that they’re alright.

Too much living in this illusionary world eventually catches up with us emotionally and physically. The body responds to these with fight or flight reactions to stress in numerous ways. We’re instantly prepared to stay and deal with the situation or to flee. Blood pressure rises and adrenalin is pumped throughout the body among other things in a very normal and appreciated response, and that’s a good thing. But logically speaking, if the fear or worry is not dealt with it becomes a way of life, even unconsciously, and over the long term this is actually quite detrimental to health.

One reaction we’ve all experienced to brief moments of fear is body shaking, even if minimal. If the body shakes from a little bit of fear, what’s going to happen when fear is omnipresent? What’s to happen when someone, even unconsciously, remains trapped in the never-ending mind game of reacting to obstacles as burdens, creating unnecessary negative bodily reactions to often-unreal situations? On the emotional level, anxiety, and if the fear is prolonged and very intense over a lengthy period of time, lots of shaking or what some call Parkinson’s.

No one can live a life without obstacles; it’s not part of the plan. What makes some thrive and some merely survive is the reaction to these obstacles. We can choose to let anything be a burden or an opportunity. Either way, it is our choice; we can make that choice consciously (proactive) or unconsciously (reactive). So in the moment of hearing I was being presented with a 10 inch flame as my obstacle, I and a thousand others agreed this was an opportunity to be proactive. We were going to use the

