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EMPOWERMENT

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Authentic Living
Wednesday at 1 PM Pacific
October 02nd 2013: My Friend Fear

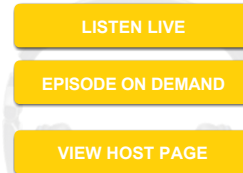
Most of us have been taught that fear is a problem to be overcome. Especially in the some of the spiritual community, fear is basically the F-word. It is the enemy. It keeps us from having what we want. It makes us live from what's called the "lower self" rather than the so-called "higher self." But fear, like all of our other emotions, just has a message to deliver. And in some cases that message can literally save our lives. Beyond that it can also be a warning bell, a determiner of the next step, an informational email to allow us into our shadow material—and therefore a consciousness

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