

*The Face of Fear* (08/29/2000)

F E A R

Fear of the unknown, the future

Fear of becoming

Becoming What?

Whole, healthy, eternally happy?

Knowing too much? Too little?

Nothing at all?

Fear is such a natural thing

a wondrous emotion

protective, powerful

herald of transformation

the barometer of life

warning of coming storms

rising with anticipation

Why then do we run?

The face of fear is beautiful, child-like

vulnerable and open

So embrace the fear, see it in a new light

look on it with joy, invite it in

for it welcomes you

into a new state of being....