

I am rather late again– the garden, the animals ... warm greetings to you!

Choice – has the topic been with you?

Three of you gave me feedback on their struggles with and recognition of their fears. This also included the (fortunately affecting) recognition that these two fears create, nourish and maintain the inner prison. For other readers – this became obvious in conversations the reminder of the lesson led to – “oh, yes, wasn’t there ...!” or “by the way ...”. Well. It led me to shortening the list of recipients.

The distress caused by the two fears (I will not name them) constantly brings people to doing splits. Torn between this and that, as if there were two souls within them (and it is neither of both!) they try to weigh one fear against the other, ending up doing nothing. A constant strain that leads to nothing substantial, let alone to a joyful life. And here I mean a joyful life from which one needs no vacation.

Practically sitting between the two fears (they are exactly opposite of each other) life stagnates, though it may not appear to. Sometimes, if the inner pressure becomes too strong, an individual may push himself from his prison into a new experience, making decisions which appear crazy even to himself, let alone to others around him who all of a sudden express all kinds of concerns.

Do not forget: As soon as you overcome your own fear the fears of those around you materialize and throw up the gravel around you. Yet now you can practice to develop a voice against all those fear-arguments which are solely based on hypotheses (lies). Then listen to the words that counter them.

Well, enough now about fears. Or?

There is so much writing and speaking about a beautiful life that one would believe it was easy for everyone to live it. The beautiful life I mean. And it was easy for everyone to feel lively and be in a never-ending state of joy. Is it necessary to concern oneself with fears? Not really.

But it is tragic if you pretend to have no fear while most of the time – and for years – fear is your barometer and your guide. Only if you are aware of it can you let it go, not believing it’s voice and no longer orienting your free life according to it.

You are free! **YOU ARE FREE!**

Do you know what this means? Do you have to do anything to be free? No.

But if you do not live as if you were free, you have no idea what it is or how it is. So, get started!

I remember my own voices from years ago when I saw myself and my confidence (or rather my inadequate confidence) confronted with the sentences of God’s voice to Abraham:

“Go from your country, your people and your father’s household *to the land that I will show you.*”

What shook me particularly was not so much that I had to emigrate **once more** (I had already done it once before) but that I would never again know what will come or what will be, and that life would tell me to go without letting me know whereto ahead of time.

No land in sight as long as I don’t walk And no idea what this “land that I will show you” means.

Does it mean a physical (a particular) country or a non-physical one? Is it about experiences, encounters that I will not select to feel secure or that guarantee reliable predictability? Or is it both?

I am smiling now! Because who ever knows what will be? Do you know what will be the next hour?
I hope not. I hope that you live fully, expecting but without expectations.

I also hope that every day is a new day for you; the encounter with your partner every day new; that you also try to look with new eyes at painful memories, or at other things that appear to be insurmountable. Ask for new eyes, a renewed heart. Ask as in this song:

Oh come you spirit of truth
And take room in me
Spread your light and clarity
Banish deceit and illusiveness

May the purchase of your food lead to new experiences. May your perception of the people in the street lead to new experiences – not only your own but also of those whom you see and meet. May you become an experience to them.

Let the day you receive this lesson be a new day.

Decide to keep your heart and eyes open and to live from within to the outside. Risk to be lively – in spite of fear and as long as it is still there, with it. Nobody can take away your fear. You can only let it go. My experience taught me: The less I believed fear the less power it had over me.

I wish you this experience!

In His Love's certainty

Christa