

Title:

Fear of Flying

Word Count:

701

Summary:

The plane was bouncing hard as we were starting our decent into Albuquerque. Living in Santa F

Keywords:

overcoming fear, self improvement, confidence

Article Body:

The plane was bouncing hard as we were starting our decent into Albuquerque. Living in Santa F

The woman sitting next to me was gripping the armrests and shaking, scared to death. I turned

^Don't worry, nothing bad is going to happen. We are safe.~

^How do you know that?~ she asked.

^If you were to move out of what your mind is telling you that is scaring you and open to a di

The women was terrified enough to try it, even though I think she thought I was crazy. She clo

^I heard in my mind, 'You are safe.' Did I just make that up?~

^How do you feel if you decide to believe it?~

^Much better! I'm not feeling so scared!~

^That's because our emotions are an accurate guide of whether or not we are telling ourselves

The woman had a big smile on her face the rest of the way down, even though we were still boun

Fear, whether of flying or of anything else, is always the result of what you are telling your

The wounded part of us always feels afraid when we think we are out of control of something. T

The mind thinks it can create safety with some form of control. Yet true safety comes from bei

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