



# Fear and Wisdom

By Brian Germain

When we experience challenge, we either rise to meet the needs of the situation, or we fall short of what we need to be at the time. When the danger level is high enough, however, we have no choice. We must pay attention and become our best. It is in these moments that we touch the inner self with all of its wisdom.

When we are in profound danger, either physical or otherwise, we experience wise moments. We get a glimpse of the truth. We hear core messages that ring true for everything in our lives. We hear:

"Slow Down." We hear: "breathe slowly and completely." We hear: "Stay focused." We here: "Remember to have fun and be happy." It is these messages, sprung from our challenges, which we must remember and take with us.

I went rock climbing last night. I do that a lot. I hiked out to the rocks near the river, doing yoga and exploring. This is who I am. When I do this, I reconnect with my inner child and my inner sage at the same time. My thoughts begin to slow down and I become focused on what I am doing. If I do not, I will fall. In this way, danger brings me to wisdom.

For the most part, when I climb, I let my thoughts go so I can be in full awareness of my surroundings. As my mind gets quieter, I pay attention to the thoughts that matter, and I repeat the thoughts that feel good. If a thought feels good, I have realized, it relates to everything. It brings me back to my wisdom.

When I do not challenge myself to do things that are dangerous, I fall into complacency. I begin to think that I can drift into mundane consciousness, because I think that what I am doing is not dangerous. This is not so. Everything I do matters for my future. If I pay attention, as I do in danger, I will be my best. I have taken a vow to do my best in everything I do, and this vow compels me to bring my standards for awareness to a higher level.

My focus has consequences. My thoughts have consequences. My health has consequences. My joy has consequences. I choose to awaken to these facts and be the person I am when I am on the cliff.

Do you have that person inside you? Are you a focuser? Of course you are. We all have this inside us, this inner wisdom. We just drift into complacency and boredom because we get tired of focusing. When you get tired of focusing when you are in danger, what do you do? You take a deep breath. You relax and remember your intention to pay attention. Then, without remorse or suffering, you joyously feast on the next thing that comes into your attention. When you remember to do this with everything that comes into your life, there is no challenge that you cannot overcome, no barrier that you cannot transcend.

Take risks. Physical risks are the easiest to find deeper truths, but anything that has obvious consequences will lead us to the deep end of thought. Advance through the gates of fear, with eyes open wide, slowly and in balance. When you take on challenge, you will open the door for your higher wisdom to flow in, and you and your higher self will become one.