

# Fear and the Global Economy

## Contraction on the Grand Scale

A few weeks ago the world was rocked by the news of a world financial crisis. Ironically, our daily lives were mostly unaffected. Yes, stock prices changed for the time being, but we still had to go to work, feed our children and take care of the other details of our lives. That will never change.

In fact, we all know that this "crisis" is created more by expectation than anything else, and that if we all simply stop focusing on the way things are today, we will alter the outcome for tomorrow. The market is a volatile thing if you listen to the news. If you believe everything you hear, you will find yourself paralyzed by fear of what is to come. The media, we must realize, is creating the current conditions as much as it is reporting the news.

We must let go of our fixation on "what is" and what that means for the future if we are to change the future. There have been numerous phases in the human journey that have pointed toward grim conclusions. Those who worked to create a positive outcome did not fixate on worry. They did not fixate on what could be if things go badly. They simply focused upon what they wanted to see happen and made it so.

You can be part of the problem, or part of the solution. Thinking and talking about what you are afraid of will not help you avoid its occurrence. You must create an alternative set of possibilities. The only way to do that is to envision where you would like to see things go. In this case, that means going to work with a smile on your face.

If you do well in your own personal life, if you radiate abundance and shed your fear and negativity, you are helping the world in ways that you cannot fully grasp. In a time when many have lost their connection to the feeling of abundance and well-being, those who can conjure this feeling have a responsibility to spread it wherever they can.

True, it is wise to plan for the worst. Having candles and water and food for hard times is always prudent. But there is a difference between fear and caution. Fear overcompensates. Fear is neurotic. Fear carries a loaded gun. What are you going to do when you run out of bullets?

Caution simply suggests that we keep creating abundance in every way, and we do that first by maintaining a good feeling about our lives. We consider our basic needs and those of the people around us, and we prepare for the bumps in the road that come as a result of global neurotic contraction. Hoarding is not caution; it is fear-driven selfishness.

Sanity is always a balance between sane fear and neurotic fear. When we allow ourselves to be driven by neurotic fear, we lose connection to the things that matter most: compassion, love and cooperation with other human beings. Those things, above all others, are the reason for fearlessness.



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