

Overcoming Fear With A Glass Of Water

By Tim Shurr, MA

Would you like to free yourself from the constant feeling of worry, stress, anger, and fear? Would it be okay if the way to do so were simple and easy? Here's how. Stay in the present moment as much as you can and when you slip into worrying or fretting over the past or future, laughingly redirect yourself back into the present moment.

I was watching a Swami (spiritual teacher) from India on youtube.com (internet website) who said that you could only have one thought at a time. Try thinking about what you had for dinner last night and what you're going to have for dinner tonight simultaneously. You cannot. Your mind will only be able to vacillate between last night's meal and tonight's.

Swami said that fear does not come to you, but rather you invite it in by focusing your thoughts on the thing that creates fear within you. Since you can only have one thought at a time, place your attention on something that makes you feel peaceful instead. When recanting this story to a client, he said, "Aren't you ignoring reality when you pretend that everything's okay?" I said, "Aren't most of the things you worry about also pretend? Much of what we worry about never comes true and even if it does, the situations are only temporary."

The next time you get caught up in negative emotion, focus entirely on drinking a glass of water. If you focus on drinking water then you cannot think about anything else in that moment. Thus, you invite a feeling of peace into your awareness and a feeling of security into your body. Your Ego, the part of your mind invested in keeping you miserable, will object in all kinds of ways. You'll think this is stupid or a waste of time, etc. But what is the bigger waste of time? Using up your precious moments on Earth feeling lousy, or re-training your mind to be at peace, which leads to ultimate happiness and fulfillment.

Your Ego will always encourage you to water the weeds and ignore the flowers. In fact, it will push you to put Miracle Gro on the weeds (your fears/problems) and stomp on the flowers. Doing so will keep you miserable and what is the point of that? Could it really be possible to experience Heaven on Earth (instead of Hell) by drinking a glass of water? You decide...

P.S., If you think that drinking more water is the point of this article, I suggest you go back and re-read this a few more times. ;-)

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