

February 2010

What Scares You?

Eleanor Roosevelt said "Do one thing every day that scares you." I wonder what scares you? Some people fear death, others fear change and still others fear public speaking more than either of those! I know what scares me... writing! Now you may think that's an odd fear coming from someone who is writing this newsletter, writes a blog and has an up-coming chapter in the new Soul Coaching book due out this year. It is indeed odd. But writing is filled with angst and self-doubt for me. I carry all the critical voices from my childhood in my head. But I just keep doing it, hoping the feeling will pass and I'll let my words all flow out with ease. Our fears aren't rational, after all.

It may appear that I'm already facing these fears but now I've really gone and done it. I've just signed on to the Hay House Writer's Workshop cruise this coming June. Once I come out (so to speak) and declare to all four or five hundred participants that I'm there for the Writer's Workshop, it will be implied that I'm a writer. And even though I may have the idea of a book or two in me, to commit my time and money to something like this is my way of facing something hard that gives me no room to wiggle out. That's also why I'm writing about it here. Feel free to ask me "How's your book going, Patti?"

But underneath it all is the belief that within each and every one of our fears is something to learn that has everything to do with our soul's sacred journey. When we face and conquer our fears we reclaim some more soul space for ourselves and we come into alignment with who we are and our unique purpose. Is it "just a coincidence" that if we take the word "scared" and rearrange it, we find the word "sacred"? Face what scares you and you will uncover your path to the sacred.

What Does it Mean When...?

What does it mean when you dream about **ghosts**?

I should probably save this one for Halloween, but since being asked to consult on Ghostly Encounters for a second season, I've got ghosts on my mind (see W Network or Viva, Biography in the US). The first thing you will want to do is figure out if the ghosts in your dreams are real or symbolic, earthbound entities or loved ones paying you a visit. If you don't believe in ghosts, head straight for a symbolic meaning. Do you have some unfinished business in your life? Is there something that is "dead" that you need to look at or is the ghost representing a shadowy or ghostly aspect of yourself?

If you do believe in ghosts (and there are more of you in this category than anyone wants to admit to so I would be remiss if I ignored this issue) then determine if the ghost is a loved one or someone you don't know. In the former case, the loved one may be there to tell you he or she is all right, pass on important information or deal with some unfinished business. For a great list of "why the dead come calling" see Robert Moss' *The Dreamer's Book of the Dead*. In the latter case, the dead may not know they are dead, they may not have been properly buried and any number of scenarios in the category of "unfinished business". And finally, they may not be who they are presenting themselves to be. We know from Greek mythology that the gods loved to show up in disguise, pretending to be someone else in order to accomplish their goals. Today, many believe that spirit guides and other high teachers may appear in an everyday type of guise that the dreamer will accept or listen to, passing on information of a higher or transcendent nature.

In dreams, regardless of whether it is a real or symbolic ghost that is scaring you, turn and face your ghostly encounter and start a conversation with the characters. There is always something to be learned.