

I AM WISDOM ELIMINATES FEAR AND DOUBT --Realistic--

“Doubt is a question mark; faith is an exclamation point.
The most compelling, believable, realistic stories have included them both.”
— Criss Jami, Poet, Author and Philosopher

“Hello,” I said.

Without greeting a voice questioned “How does ‘wisdom eliminate fear and doubt?’”
“Good question,” I said, “Who is this?”

The caller is one you might know, but I’ll honor the privacy of our conversation and simply tell you the tête-à-tête was friendly, intriguing, and fun. After the greetings, another important question was raised when he asked, “How can you write the words “wisdom eliminates fear and doubt” and not tell me how or why?” The caller busted me, so I’m updating details.

Important to know is there are two essential words prior to the five he questioned. The words “I Am” are critical to understanding the phrase I chose as the catch headline for this series. Allow me to share words from a magnetic white board to the right of my desk chair. The words on paper with magnets holding it in place were in the same location on March 4, 2020.

The page begins with these words: “I speak powerful words to myself that anchor me in the divine potential of my spiritual essence—my I Am.” Next are the first two of six statements. The first line reads: “I Am Love removes anger, judgment, and revenge” followed by, “I Am Wisdom eliminates fear and doubt.”

While attending weekly online personal development classes with Mary Morrissey, a life coach and communication expert, I wrote my personal I Am statements. They hang at other locations around my house...medicine cabinet door, the white board, refrigerator, and even at college and church offices.

Many of you write resolutions on January 1 each year. Sandy and I just completed our resolutions on March 4th 2021. We write goals in March because we often ignored or forgot those written on January 1. March 4th is the only day of the year that states a command to Go Forward or March Forth...so we do. “I Am” statements can be philosophical, religious, dreams, personal objectives and great catalysts for January 1st or March 4th goals.

Today the subheading is “Realistic.” The method will change each week during the series. Think of it as creating muscle memory to teach our bodies to ice skate, ski the

black slopes, throw a baseball over 90 miles per hour, or show off our magic card tricks. I admire people who diligently fulfill the required training to be the best at whatever they desire. We all have examples of family or friends, or someone we admire for their accomplishments.

Sandy and I have great friends who are both connected to the airline industry. He is a retired Navy and now commercial pilot. She was a flight attendant. They met in the air and married. One day, she said, "He can be such a jerk. He believes he can do anything. It's just too irritating."

The reply began with "I don't think we should be critical of his belief in himself." She glared at me and said, "Yeah, but you don't live with him." I agreed and said, "No, but I could be a passenger on a flight when he is the captain of the airplane." Followed by, "If there is turbulence, explosive noises, perhaps smoke, and even more frightening the pilot saying..." O my goodness, this thing is getting really complicated. We'll be crashing soon. Leave a note."

Intercom words from the realistically trained, confident, competent pilot she described is what I want to hear... "I have simulated this situation hundreds of time. I will land you safely at DFW." I said to her, "If there is a choice, I choose him."

You and I are not devoid of hope. We are conscious of recent complexities in our lives. For one year we have faced adversity that seemed insurmountable. The disease proved to be life threatening for family and friends. In spite of it, we accomplished tasks like raising children, remaining in love, caring about and meeting needs of friends effected by disease and sub-zero weather.

Knowing that something difficult is being attempted doesn't rob the wise of personal ambitions. Indeed, we remain focused on our goals. Knowing and practicing the skills makes us stronger, calmer and less prone to panic. Wise approaches to problems that will invariably come our way, can be dismissed with confidence.

Peace always,

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