

FEAR = Feeling Excited And Ready

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What if I look at FEAR = Feeling Excited And Ready (from Neale Donald Walsh short movie [Living in Light](#))

Fear is usually about either **not getting what I think I need** , or **loosing what I have** (that I think I need). Often fear turns up in relationships (romantic, friendship or business). Fear of what others might think of us. In other words scarcity mental vs abundance thinking.

When I am living in the light/love I know I always have what I need internally and I can feel excited about external events and relationships when they change. (And external things and relationships are really always changing everyday, even when on the surface it seems the same for years underneath...)