

# Terms and Conditions

## **LEGAL NOTICE**

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

# Table Of Contents

Forward

Chapter 1:  
Personal Fears

Chapter 2:  
Collective Concerns

Chapter 3:  
Awareness and Fear

Chapter 4:  
Emotional Freedom Techniques

Chapter 5:  
Affirmations

Chapter 6:  
Positive Energy And The Here And Now

Chapter 7:  
Choosing Different Thoughts

Chapter 8:  
Meditate

Wrapping Up

# Foreword

Fear is without doubt among the strongest and most influential emotional responses we have, and it may act as both a protective and destructive force depending upon the situation.

Obviously, fear may help us avoid grievous situations, triggering the fight or flight reaction when we feel threatened. Regrettably, this same reaction may likewise be triggered when no true threat exists. We merely find ourselves feeling overwhelmed and anxious even once we know logically that no injury will come to us.

For a lot of us, fear may become a serious hindrance in our lives, preventing us from getting a better job, meeting eligible life mates, seeking medical aid, or even venturing outside our houses in severe cases. Fear is among the basic reasons that individuals hold back on living the life of their dreams.

Even if they intensely wish to produce better conditions, they might struggle with an overwhelming fear of failure, so they refuse to take risks as they might have to endure obnoxious results. In these cases, the peril of failure appears to outweigh the advantages of success, so they hold back and do nothing.

Fear of success may be a mighty hindrance also, making individuals feel stressed and overwhelmed with the added duties that would likely come with greater success. They might fear not being able to handle those responsibilities, or worry that they'd feel pressured to keep attaining the same level of success in the future. These fears are

frequently enough to cause individuals to sabotage their own efforts, even when they sincerely wish to become more successful.

Either way, fear is strong enough to paralyze most of us – whether the things we fear are true or imagined.



***Conquering Fear In The 21st Century***

***The Ultimate Guide To Overcoming Fear And Getting  
Breakthroughs!***

# Chapter 1:

## *Personal Fears*

---

### Synopsis

Have you ever felt like dread was preventing you from accomplishing your full potential in life? If so, you're certainly not alone as fear is among the greatest obstacles that a lot of individuals confront when attempting to produce better life conditions.

Below are a few of the most common ways that fear may hold you back: Fear may prevent you from making favorable changes.

Occasionally fear may make even the littlest changes seem exceedingly uncomfortable. For instance, you might be deeply disgruntled with your job, but feel nervous or unsure about finding and applying for a more beneficial one.

Or you might have always dreamed of purchasing your own home but worry that the responsibility would be too much to deal with.

Fear may prevent you from breaking destructive habits.



## **What Do You Fear**

We all know that smoking, poor dietetic choices, excessive alcohol and a sedentary life-style are a recipe for ill health, but we frequently gravitate towards these habits as they help numb our anxious or awful feelings.

If you've ever tried to break a bad habit like this, you know how nerve-racking it may be because suddenly you're filled with anxiety and you don't recognize how to handle it.

Fear may prevent you from taking risks. A lot of us shy away from risk, as we fear negative outcomes. For instance, you might hesitate to invest your cash, as you fear losing it, or avoid beginning a fresh relationship as you were so hurt by the last one.

What most of us fail to recognize is that risk may likewise bring excellent rewards. Avoiding risk might help us avoid damaging possibilities but we likewise miss the excitement and joy that come from favorable outcomes.

Fear may prevent you from going after your goals.

Have you ever dreamed of doing something great but were never able to push yourself to accomplish it? Maybe you dreamed of being a stand-up comedian but feared the thought of oral presentation, or you desperately needed to be a bestselling writer but were too afraid to pen that novel loitering inside of you.

Fear may prevent you from amplifying your life. Social anxiety is a different common way that fear may limit your potential. It might

prevent you from attending networking affairs so your career or business can't grow decently, or you might avoid taking that much needed holiday to unwind and explore other cultures as you fear flying or being on a cruise liner.

It's crucial to note that all of these fears are most often baseless. They're simply a perception that things may go wrong – but that doesn't mean they will. Instead of attempting to force your way through the fear, you might find it simpler to explore a lot of ways that fear may be effectively released from your brain, emotions, and body.

When you recognize how to release the fear, you merely handle it as you would any minor obstacle and then continue on your way to producing the best life you possibly may.

Probably most people's number 1 fear is dying ...so here's something to consider...

This self (your ego)... Has some terrifying data. It knows that if it's lucky, it's destined to grow old, get ill, and lose everything that it's grown to love. Then it will die. This is a shortened version of what the world has provided you, which likely leaves you perplexed and flabbergasted at the silliness of this thing we call life.

Into this barren picture, which motivates fear and even terror, I'd like to introduce an idea that will eliminate the terror. I wish you to know that you needn't subscribe to the idea that you're only this collection of bones and tissues, fated to be annihilated in an aging process.



You've came forth from a universal field of Creation that I been call intent. Life itself is eternal, and you spring from this infinite no thing called life.

Consequently, we must conclude that life, in terms of our body and all its accomplishments and possessions, which without exception begins and ends in dust, isn't life itself. Seizing life's real essence may radically alter your life for the better.

This shift towards seeing yourself as an infinite spiritual being having a human experience, instead of the reverse - that is, a human having an occasional spiritual experience, is loaded with fear for most individuals.

I urge you to view those fears and face them directly today; the result will be a permanent association to the abundance and receptivity of the universal source that intends all of Creation into impermanent form.

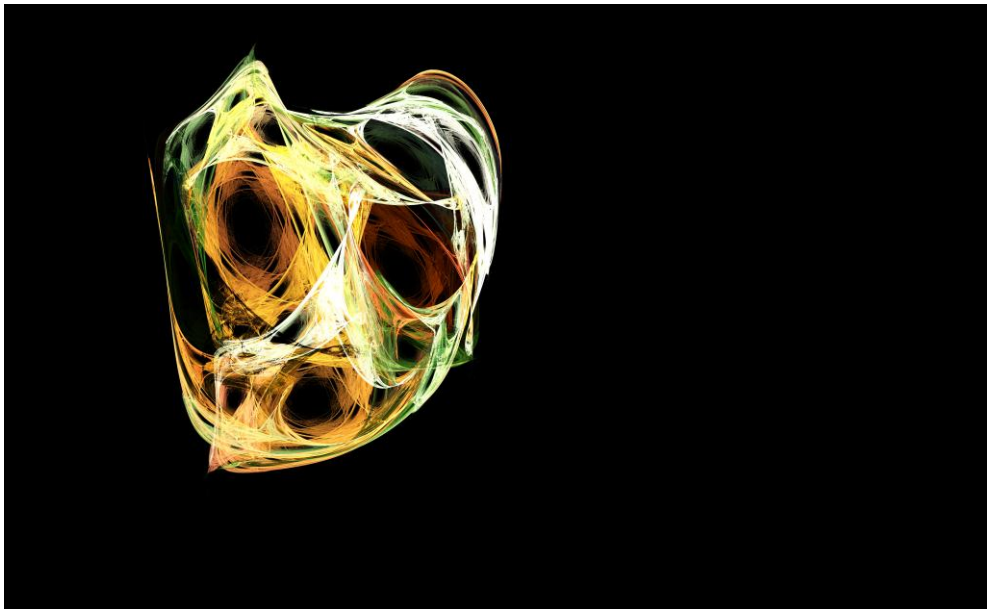
If you've ever held back on a goal or avoided taking action that would lead to a favorable outcome, you might have been fearful that you may fail. Fear of failure may be subtle because our brains can come up with endless excuses why it's not a great time to take a risk right now, or how the odds don't appear to be in our favor, etc..

It's difficult to believe that anybody may be afraid of success (isn't success usually a good thing?) but it's far more common than you mightness believe. Most often it's not the success itself that individuals fear, but rather all of the duties and uncertainties that come along with success.

If you worry that you won't be able to manage these things, you'll resist putting yourself in a spot where you'd have to face them.

Fear of rejection is commonly related to low self-regard, but might show up in subtle ways. You might attack others when a possible rejection is imminent; sabotage relationships so you may be the one who rejects the other individual rather than them rejecting you; or you might merely withdraw from social interaction to avoid the possibility of becoming rejected at all.

This is another fear that's connected to self-regard, and it frequently affects everything you do in life. You might prevent making changes to better your life; settle for a dissatisfying job that pays less cash than you're capable of bringing in; or continuously sabotage your goals. If you don't trust you deserve to have better life circumstances you won't let yourself produce them.



# Chapter 2:

## *Collective Concerns*

---

### Synopsis

Many of us have a set of unequaled fears that relate to our own lives, like concerns about family, financial worries and so on; but there are likewise a lot of universal. Fears – or maybe you might call them collective fears – that are communicated to us through our surroundings.

These fears frequently relate to spots and events that leave us feeling vulnerable and defenseless, like worldwide 'pandemics' (...and 'vaccines'), 'terrorist' attacks, economic and financial crises, etc.



## **What Is Out There**

Not only do we see and discover constant references to these awful scenarios in the media and from the individuals around us... ..the energy of collective concerns likewise seeps into the very fabric of our truth (the quantum field) and continues to vibrate around and inside us.

As we're all connected to the collective consciousness, we may actually absorb this fear energy as we approach our daily lives - even if we don't pay attention to the media hype and epidemic hysteria. Put differently, if society's want was to manipulate and control individuals by keeping them crushed in a low vibratory state of fear ...this may bear upon everybody.

Have you ever felt anxious, edgy, tense, or vulnerable for no evident reason? Even when everything in your own life was going all right, you might still have been influenced by these collective concerns and felt uncomfortable as a result... And to make it sorrier, the moment you set out centering on these fearful feelings, the more you start to magnify the collective fear energy without even recognizing it.

It's not simple to avoid assimilating these fearful messages, particularly when you appear to be surrounded by endless instances of them daily. But, there are a few things you are able to do to minimize the affect they have on your life.

An obvious opening move is to limit your exposure to news program broadcasts; particularly when they always appear to pertain to frightening events that are on the far side of your control.

Centering on this force-fed fear programming simply makes you feel more vulnerable and adds to the energy of the collective concern. For sure, you are able to remain informed about world events but it's advisable to look for independent, unbiased news program sources on the net, and then immediately begin shifting your focus to something less dreadful.

Empower yourself by recalling that most of the things you dread will never come to pass. As a matter of fact, when you remember that giving your attention to anything only makes it appear bigger and more daunting, you may surely see the wisdom in being more discerning about the things you consider.

Deliberately centering more on positive matters will help override the damaging input you receive daily too. When you take greater command of your focus and place it decisively on the creation of a joyous and positive truth, you contribute that same energy to the quantum field. This helps downplay some of the fearsome energy being contributed by other people around the world.

It's true that there are a lot of atrocious, scary things to worry about – but there are equally as many fantastic, joyous things to ponder. Spend time daily thinking of the individuals you love, glad memories, and the great experiences that might be waiting just around the corner for you. It might not make the scary possibilities disappear totally but it will lighten your mood, leave you feeling more pleased and less frightened.

# Chapter 3:

## *Awareness and Fear*

---

### Synopsis

When the fear of death is transcended, life becomes a transformed experience as that particular fear underlies all others, few individuals know what it is to live without concern - but beyond fear lies joyfulness, as the meaning and purpose of existence becomes transparent. Fear runs much of the world.

Fear runs much of the world, goading on endless activity. Dread of enemies, of old age or death, of rejection, and a multitude of social fears are the basic motivators in most people's lives. From the vantage point of this level, the world looks risky, full of traps and threats. Dread is the favored official tool for control by oppressive totalitarian agencies.

The proliferation of fears is as boundless as the human imagination; once concern is one's centering, the endless distressful events of the world feed it. Fearful thinking may balloon into paranoia or generate neurotic defensive structures and, as it's contagious, become a dominant social trend.

## **Our Awareness**

In his book 'Power vs. Force', David Hawkins fine-tunes people's emotions from levels twenty up to a thousand. Twenty being Shame, which is perilously proximate to death. It's destructive to emotional and psychological health, and makes us prone to physical sickness.

At the other end of the scale at 700- 1000 is Nirvana. This is the level of the Great Ones like Krishna, Buddha and Christ. It's the peak of the evolutionary consciousness in the mortal realm.

All levels (which could be classed as vibration levels) below two hundred are said to be energy draining, and below integrity. These vary from guilt feelings (30), sorrow (75), concern (100) want (125), and rage (150), up to pridefulness (175).

Individuals feel positive as they reach pridefulness level. However, pridefulness feels great only in contrast to the lower levels. Pride is defensive and vulnerable as it's dependent upon outside conditions, without which it may abruptly revert to a lower level.

At the two hundred level of consciousness, power first comes out. Bravery (200) is the zone of exploration, achievement, fortitude, and determination. Individuals at this level put back into the world as much energy as they acquire; at the lower levels, populations as well as people drain energy from society without reciprocating.

Further levels include neutrality (250), willingness (310), acceptance (350), reason (400) and love (500).

This level is qualified by the development of a Love that's unconditional, unchanging, and permanent. It doesn't waver – its source isn't depending on external factors. Loving is a state of being. It's a nurturing, and supportive way of relating to the world. This is the level of real happiness.

The concept and theories behind these experiments were conducted over a twenty-year period applying a variety of Kinesiology tests and examinations.

Kinesiology has an almost certain 100% accuracy reading each time. It will always reveal Yes, No, True, and False answers. . Collective awareness: These experiments expose that there's a higher power that connects everything and everybody.

Everything calibrates at particular levels from weak to high including books, food, water, clothes, individuals, creatures, buildings, automobiles, movies, sports, music and so forth 85% of the humans calibrates below the critical level of integrity at 200. The overall average level of human awareness stands at 207.

Human awareness was dangling at below the 200 level (190) for many centuries before it abruptly rose up to its current level some time in the mid 1980s. Therefore Nostradamus' end of the world predictions might have been avoided (he made his predictions at a time when human awareness was at below the 200 level). For the world to remain at levels below 200 over a prolonged time period would cause a great instability that would undoubtedly lead to the destruction of all humanity.



- ✿ The power of the few individuals at the top counterbalances the weakness of the masses.
- ✿ 1 person at level 300 compensates for 90,000 people below level 200
- ✿ 1 person at level 500 compensates for 750,000 mortals below level 200
- ✿ 1 person at level 700 compensates for 70 million people below level 200

Put differently, as a co creator of the world, once you step out of the low vibratory level of concern and vibrate at the level of bravery (and above), not only will you be transforming your own personal life into an unbelievable experience, you'll likewise be helping to raise the awareness of mankind, and will become a part in co-creating a less fearful world for everybody.

Ready to be the change you want to see in the world...?



# Chapter 4:

## *Emotional Freedom Techniques*

---

### Synopsis

There's a technique that combines EFT with Ho'oponopono and an inter-dimensional contract release affirmation that frees up many issues on various levels. This combination method is one of the most powerfully effective processes to date.

EFT is becoming more and more well-known (and respected) in a lot of fields related to alternative health and wellness. Not only is it demonstrating to be exceedingly effective on an increasing array of afflictions (including fears and phobias) – it's so easy that even youngsters may do it once they learn the basic principle.

EFT is frequently described as a needle-free version of acupuncture as it clears energy blockages along the body's meridian tracts and proposes that most (if not all) sicknesses are caused by unresolved emotional trouble. Whether you believe this or not, it's hard to deny the effectiveness of EFT when you see it in action – frequently clearing long-standing mental, emotional and physical ailments inside minutes. Performing EFT involves light tapping with 2 fingers on particular points on your body:

## Tapping

The “Karate Chop” point is on the outer edge of either hand, halfway between the little finger and wrist – right about where you'd hit if you gave a karate chop. This point is tapped ceaselessly while reciting a Setup statement 3 times. This statement is designed to reverse something called Psychological Reversal, which is interior resistance to the tapping that will be done subsequently.

Besides the Karate Chop point, there are seven main tapping points on the body:

- ✿ Eyebrow point: On the inner edge of either eyebrow, directly on the bony ridge of the eye socket.
- ✿ Side of Eye: At the outer corner of either eye, likewise on the bony ridge of the eye socket.
- ✿ Under Eye: Directly below either eye, still on the bony ridge of the eye socket.
- ✿ Under Nose: halfway between the nose and upper lip.
- ✿ Chin: In the line between the lower lip and chin.
- ✿ Collarbone: Slightly below and to either side of the U-shaped notch where the collarbones meet.
- ✿ Under the Arm: About 4 inches below the armpit, on the side of the body (right about bra strap level for ladies).

Alternative points: a few practitioners likewise tap on the top of the head, four of the fingers on either hand or additional locations, but even sticking with the main ones described above works well for many individuals.

To do a round of EFT to ease fear, you'd begin by lightly tapping on the Karate Chop point on the side of the hand ceaselessly with 2 fingers while reciting the Setup statement 3 times: "Even though I feel afraid right now, I deeply and entirely love and accept myself".

Being really specific about the details may often help you get even more beneficial results, so you might wish to say, "Even though I'm afraid I won't get this promotion, I deeply and totally love and accept myself".

Then you'd begin tapping lightly 5 to 7 times on each of the primary tapping points, beginning at the Eyebrow point and working your way down your body. As you tap every point, tune into the frightening feelings and say one statement regarding the fear: "This fear. This fear of failure. This fear of being disappointed. What if I don't get this promotion? What if I'm stuck in a standstill job forever? I feel so uneasy. I don't wish to be afraid of this outcome any longer."

Once you've finished one round of tapping, you may keep going and tap through more rounds (if you still feel uneasy), or you may switch to more favorable, empowering statements and tap on those.

Positive statements like these commonly work well: "I don't have to feel uneasy about this. I trust that it will all work out. I choose to feel confident about my success. I prefer to believe that I'll get this promotion. Or something even better will materialize for me. All is well. I know that all is well."

As you tap on the negative statements while tuning into your feelings of fear, you'll be cleaning out blockages in your body's energy field. Following through with positive statements has demonstrated to be

effective for a lot of individuals as they help reinforce a positive outlook after cleaning out the negative emotions.

The more consistently you do EFT, the better it appears to work. A few individuals begin with a half-hearted round or two of tapping and conclude that it doesn't work, but a few issues may be stubborn and call for numerous rounds of tapping – even over a period of days, weeks and months.

The same will likely hold true for fear; if you're addressing very long-standing, acute fears, they might take some time to totally clear. Minor bouts of anxiousness or nervousness ought to be easier to clear, often inside minutes.

Reminder: Be as particular as possible about the issues you're tapping on. Instead of tapping for I'm afraid, try including the reasons you're afraid, what you most fear occurring, and why. This will help you to truly connect with the limiting beliefs and strong emotions that are fueling the fear in the beginning place.



# Chapter 5:

## *Affirmations*

---

### Synopsis

Something that aids me several times is this affirmation: “there's no fear, there's only God”, but you have to be a believer to utilize this technique, if not in “God”, in Divine Order and Wisdom.

It's really powerful as it puts you in touch with that greater order and wisdom that regulates the universe, in which there's no fear. It feels really soothing and helps you feel peaceful, steady and grounded inside.

I utilize positive affirmations on a daily basis (I'm programmed for success) When an individual understands what fear truly is they may overcome fear easily. It's like a monkey wrench thrown into your pet project.

You've the unlimited power of your brain to correct anything damaging and do anything you wish in life. Fear may only exist if you allow it get out of your comfort zone and push right through whatever mountain it is in your life.

## **Stating It**

Affirmations are similar to affirmative prayers, except you're not directing them to the universe, but merely reciting positive statements with the intent to switch your focus from fear to love, peace, joy, confidence, or any additional empowering feeling.

For affirmations to be really effective, they have to be repeated often throughout the day – or even better, on an ongoing basis for longer periods of time.

You are able to utilize affirmations written by others or write your own. Authoring your own affirmations is simpler than you might think. Merely consider the feeling you wish the affirmation to trigger inside you and word the statement so that it is in present tense.

For instance, if you feel nervous about an upcoming meeting, you may produce an affirmation that states: “I feel calm, confident and focused”. State this affirmation again and again till you truly do begin to feel calm, confident and focused.

One basic issue with this approach: your subconscious might feel resistant and keep returning to the reasons why you're afraid. Therefore, you'll engage in a sort of tug of war with your subconscious where you continue saying how calm and confident you feel, and your subconscious keeps replying, “You are so full of it! You know you're truly frightened!”

If this does occur, you'll be able to feel it because the affirmation will feel like a lie each time you recite it. If you continue saying it anyhow, you'll likely feel progressively more nervous as you go along.

One effective solution is to turn your affirmation into a statement of witting choice. Instead of saying, “I feel calm, confident and focused,” you may say, “I choose to feel calm and centered.” This helps bypass your subconscious objections, as you're not denying your awful feelings; you're merely acknowledging that you choose to feel otherwise.

A different solution is to relieve the pressure you feel by centering on a gradual process of transformation, instead of stating the affirmation as fact. Illustration: “With each passing moment I'm feeling calmer and more in control.” Or, “I'm beginning to feel a little less agitated now”.

If you find that you're still struggling to make affirmations work for you, there's still a different option that may be effective when the others have failed. Try saying what you WANT, instead of worrying about what you don't want.

For instance, “I want to go into that meeting feeling really self-confident, really centered and very resourceful. I wish to know instinctively how to address the questions I'll be asked, and I wish to leave the meeting feeling like I made a strong favorable impression.”

As you state these words, attempt to tune into the feelings of what you're saying. Imagine feeling proud of yourself, positive in your abilities, and knowing that the meeting went well. This method ought to have a positive effect on your frame of mind as you'll have reinforced your vision of the outcome you wish, instead of continuing to perpetuate the fear.



An excellent way to accelerate your success with affirmations is to capitalize on modern technology.

You can use audio that contains an affirmation sequence that when heard while being guided into a deep meditative state, will aid in the re-programming of your non conscious brain to block uninvited thought and behavior patterns. As you let the audio work, you'll be encouraging the ongoing acceptance of new and positive ways of thinking, acting and living.



# Chapter 6:

## *Positive Energy And The Here And Now*

---

### Synopsis

Among the most relaxing ways to dissolve fear and reconnect with your inside self is by spending time in the presence of pure positive energy: nature, youngsters, or creatures. Natural scenes like parks, forests, beaches, gardens, or even your own back yard are virtual troves of positive power.

Sitting quiet or strolling slowly as you gaze around at all of the beauty and abundance of nature may have a powerful revitalizing effect on your brain, body and spirit – and it takes very little time to truly feel a difference!



## **Remain Positive**

Begin by consciously letting go of scattered or fearful cerebrations and attuning to the sights and sounds around you. Take a breath deeply, enjoy the feeling of sunlight warming your face and gentle breezes touching your hair, and allow yourself a couple of minutes to totally relax.

Hear the birds singing, watch small critters scrounging for food, and inside minutes you'll feel your stress levels set out to drop spontaneously. Even better, shut your eyes and try to feel the favorable energy flowing from your surroundings into each cell of your body. With each breath, imagine that you're breathing in positive energy, which then spreads throughout your total body.

If you don't have any natural settings to enjoy near your house, you may purchase an audio CD of natural sounds like bird calls, rain forest sounds, thunderstorms, babbling brooks, or wind chimes to enjoy whenever you wish. Simply shut your eyes and pretend you're there, sopping up positive energy.

Spending time with youngsters is a different great way to reconnect with positive energy, merely because they're so carefree and happy most of the time. They haven't yet learned how to limit their thinking and consequently have vibrant, active imaginations. If you've youngsters of your own, spend an hour or two building a blanket tent in your front room and make believe you're camping in the wilderness. Or gather some art supplies and make something fun. Or take the children to the park and run around to purge anxious energy from your system.

If you don't have youngsters of your own, merely visit a nearby park and observe them on the playground for half-hour or so. Notice how enthusiastic, joyful and fun-loving they are, and feel those same qualities coming alive inside you.

Creatures are likewise an excellent source of positive energy. Spend half-hour gently petting your cat or playing fetch with your dog, or you are able to take your dog outside for a brisk walk – and watch how rapidly your tension dissolves. If you don't have pets of your own, you may offer to walk a neighbor's dog or volunteer at an animal shelter for a couple of hours a week. However, you choose to do it, basking in these easy sources of pure positive energy for just a couple of moments a day may help minimize fear and boost your mood.

Among the most challenging aspects of fear is that it may frequently twist your perspective so dramatically that you can't keep a balanced view of the state of affairs that triggered your fear. Your fear response is commonly deeply connected to your limiting beliefs, which produces a sort of filter through which you'll see most of your life experiences. This filter will assign meaning to everything that occurs, even where no such meaning truly exists.

Here's an instance: Imagine that you recently went for a promotion at work, and part of the application process called for writing and submitting a detailed report to your boss. Many days after you submitted your report, your boss approached you with a grave expression on his face and asked to speak privately with you at the end of the day. What would your first reaction be? Would your boss's grim expression trigger feelings of fear and anxiousness? Would you jump to the conclusion that he must not have liked your report? Or would you think about unrelated possibilities, like the perhaps he's

deep in thought or concerned about an unrelated situation? Would you stay optimistic that your report was high quality and you still stand an excellent chance at getting the promotion?

Your fundamental beliefs will make all the difference in whether you feel fear or assurance in that type of situation. If you've a strong belief that you're not good enough (or the quality of your work is lacking in some way), you'll by nature jump to negative conclusions. If you feel positive about yourself and your work, you'll likely not feel worried. When you feel that your beliefs might be producing fearful emotions as in the instance above, there's a simple method you may utilize to diffuse them and center yourself again.

In the first moment when you observe your fear and anxiety beginning to rise, quit what you're doing and take a couple of minutes to tune into your bodily sensations. Notice that your shoulder muscles might begin to feel tense, your breathing might become rapid and shallow, and your pulse might speed up, and so forth.

Begin first tuning into these feelings, and admitting that they're happening. You may even say to yourself, "I can feel my shoulders becoming tight and tense. My hands are becoming clammy. I'm truly feeling nervous right now." Then, begin deliberately calming these reactions by breathing slowly and deeply, relaxing your muscles and mentally staying in the here and now.

Resist the enticement to let your thoughts race ahead and worry about what might occur, what it may mean for you. All of those are simply perceptions – not inevitably what's truly occurring. Stay in the moment for as long as it takes to feel calm again.

# Chapter 7:

## *Choosing Different Thoughts*

---

### Synopsis

You may also actually rewrite your fears into something much more favorable. Remember that fear is your body's natural reaction to what you trust is a threatening situation. On the other hand, if you may choose to believe that there's nothing to fear, your body will have no reason to respond.



## **Turn It Around**

If you've tried to relax your body and mentally stay in the here and now but can't seem to shake the feelings of fear and anxiousness, you may try deliberately rewriting your experience so that it has another outcome than the one you fear. Continuing with the displeased boss illustration, you may change your belief about what his grim expression means. Instead of assuming it's related to you and leaping to negative conclusions about your promotion, you may state to yourself, "He's likely simply stressed about a deadline or other issue. Perhaps he just had an argument with somebody. Perhaps he doesn't feel well today. Perhaps . . ." Keep going till you've explored as many alternatives as you may come up with.

A different approach is to kick it up a notch and turn your thoughts in a more empowering direction. As soon as you notice that you're beginning to veer into negative thinking about your promotion, stop yourself at once and engage in some empowering self-talk like this: "I recognize he can't be upset about my report as I put a lot of effort into it. I recognize I did a truly great job! I'm proud of myself for that. I'm certain he's just strained or preoccupied about something else. Regardless what occurs regarding this promotion, I'm sure it will be fantastic."

Or you may strengthen your belief that you are able to handle any outcome at all: "Even if he's not pleased with my report, I feel like I gave it my best shot. Even if this promotion doesn't pull through for me, something fantastic will still come my way soon I'm certain."

Finally, you may create a game in which you muster up the very best result you may imagine – regardless how outlandish it might be.

“He's probably so dazzled by my report that he's speechless! He's likely worried that I'll wind up being promoted to his job! Perhaps he recognizes now that he can't afford to pay me the millions of dollars a year that I'm worth. Regardless what happens, I decide to expect the very best!”

Produce the most outlandish, funny, or inspiring outcomes you may imagine, and in no time at all you'll feel the fear passing off and your heart lifting (and perhaps a few laughs bubbling up too). The most crucial part of utilizing these variations is to shake free from the illusion of fearful theories and remind yourself that fear is just an emotional reaction triggered by your own thoughts. Altering your thoughts will likewise change the emotional reaction.

There's a life-changing technique that is simple to use regardless your level of development. You begin from where you are right now and then deliberately pick a thought that makes you feel just a little bit better.

Let's utilize an illustration so you can see the method in action. Imagine that you're in the middle of serious financial hassles. You lie awake at night wondering how you're going to pay your bills; your income isn't enough to cover everything so you're falling further and further behind, and your anxiety and fear keep going.

When you're stuck in a spot like that, your dominant thoughts will likely be something like this: “I don't know what I'm going to do. I feel so weak. I feel so scared about my financial future. I have to come up with more cash but I don't understand how. Terrible things may happen if I don't get this situation cleaned up fast!” Obviously these



sorts of thoughts are disempowering, which will only keep you feeling baffled.

Using the process would involve picking out a thought that makes you feel a bit better than those other thoughts do. A great thought may be: “I wish to trust that everything will work out sooner or later.”

Keep repeating that thought for several minutes, and you'll find that you do start to feel a bit more hopeful and less frightened. Then you'd choose a different thought that makes you feel even better, like this one: “I've made it through hard times before, so I'm certain I can do it now too.” Again, stay with this thought for numerous minutes till you notice that you're beginning to feel stronger. Then pick still a different thought that makes you feel even better: “I do trust that things are going to work out for me, even if it takes a bit more time.” Continue like this till your fear has been totally replaced by optimism, hope and bravery.

This process commonly works extremely well because you're not attempting to force yourself to leap straight from damaging thoughts to favorable thoughts, but rather taking a more gradual approach.

This may help you avoid feeling like you're lying to yourself, as we covered in the section on Affirmations. Simply take your time and transition really gradually. The best part about this method is that consistent practice will give you more control over your thoughts than you'd believe possible – dramatically furthering your confidence and sense of command.

# Chapter 8:

## *Meditate*

---

### Synopsis

Meditation is a practice of consciously centering your attention for a time period. While there are a lot of keys to effective meditation, the essence of the practice is learning to center your attention as you decide.

How does this relate to fear? You might have heard it said that each moment in life offers you a choice: you are able to come from love or fear. There are a lot of ways of stating the contrasting choice that every moment offers, but the basic idea is the same: you are able to live from a positive life-affirming place or in a mode of negativeness and protection.



## **Breath Through It**

Choice is a skill. It means that you are able to see alternatives and center on one versus the other. Put differently, you are able to consciously center your attention according to how you choose to be. This is where meditation comes in. Meditation trains your awareness and your skills of attention.

For instance, one way to meditate is to center on your breathing. You keep your attention centered in your breathe. You find a comfy, upright, seated position in a calm, private space, relax your body, and center on following the natural rhythm of breathing in and breathing out.

The skill comes in when something enters your brain that's other than paying attention to your breathing, say a thought of other things you have to do, a memory, or some feeling or sensation in your body. In meditation, you deal with your drifting thought, feeling, or sensation in 3 steps:

1. You recognize the thought, feeling, or sensation that's other than your point of centering (in that case your breathing). You become cognizant that your attention has roamed. You accept whatever has seized your attention. You welcome it into your awareness.
2. You gently release the thought, feeling, or sensation that's seized your attention. You're aware of it, but you let it go, without giving it any more time, energy, or care.
3. You return to your meditative centering (again, in that case, your breathing). As many times as your brain wanders to additional

thoughts, feelings, or sensations, you repeat these 3 steps. Recognize, release, and return.

The more you meditate the better you become at keeping your focus and the easier it becomes to let go of anything that pulls you away from your centering. This is a skill that you are able to apply to anything that you do in life.

For instance, you may desire to build a better relationship with somebody. That's a conscious focus for you. As you get close, fears may arise as a result of painful relationship experiences in your past. You are able to treat these fears as you'd treat any thought, feeling, or sensation that springs up in meditation.

First, recognize your fear, observe it, and welcome it into your awareness. Fear has its highest power when it lurks in your subconscious. Become cognizant of your fear and accept it. Don't be afraid of it. Note it without reacting to it. This starts to take the emotional edge off of it.

Second, consciously release your fear. Make a decision that you will not give it any more time, energy, or care.

Third, return to centering on your conscious intent to establish an intimate relationship. Center on the feeling of open, honest communication that you want and bring that into the moment. Be that. Act in that way.

Most individuals find that progress in meditation, as well as progress in keeping focus in life, conforms to stages over time. As you practice consistently, you might find that, initially, you become more witting

of your thoughts and feelings than ever before. You might not have been so aware of your fears till you began to pay attention to your inner life. It's O.K. That's natural.

Second, you'll start to relate to your thoughts, feelings, and fears differently. You'll discover that they come and go. You'll learn that as you become witting of them and accept them, they start to lose their hold on your attention. You'll be able to expel them more and more easily over time.

Finally, you'll be able to focus yourself in your chosen point of centre, whether it's in deepening a meditative experience or any additional experience that you want in life. Whatever you center on increases. Therefore, your power to consciously focus your attention is the most crucial skill you may master. Meditation is the best way that I know to gain this skill.



# Wrapping Up

You are able to likewise journal to process fear regarding upcoming events or experiences. Simply pour out your thoughts and fears about something that has you worried. You are able to likewise ask yourself, what is the worst thing that could happen? Then put your answers in writing. For every answer, come up with a response that would help you to better handle such an outcome.

I hope that as we have explored these great tools for transforming fear, you've realized that you truly have nothing to fear but fear itself.

Even though it does tend to blossom when no true threat exists, you are able to learn to manage it easily by working with the strategies we have shared with you today.

