



Table Of Contents

Foreword

Chapter 1:

We Are Responsible For Our Own Lives

Chapter 2:

Just What Is Fear

Chapter 3:

Self-Justifications Don't Make True Limitations

Chapter 4:

Getting Fears In The Open

Chapter 5:

Tips To Uncovering Your Fears

Chapter 6:

Taking Action

Chapter 7:

Releasing Fear With Meditation

Chapter 8:

Overcoming Fear With Self Hypnosis

Chapter 9:

Using Spirituality To Combat Fear

Chapter 10:

The Knowledge Of Failure

Foreword

What is the number one – possibly the sole – conflict between living your aspiration and being passed by while stagnating?

The rudimentary conflict is fear. Fear of missing it all; fear of what some other person may believe; fear of being never good enough.

Well, never don't fret as there are answers to help you right here.

Here we will look at

A Proven Road Map To Banish Fears

Chapter 1:

We Are Responsible For Our Own Lives

Synopsis

In the end, man shouldn't ask what the significance of his life is, but rather must acknowledge that it is he who's asked.

How You See Your Life Is Up To You

Our design is our own; life is inquiring and we reply. Do we humbly submit and let life, let those about us, decide where we're going? Do we answer a maybe in response to life in a hushed voice? Or do we remain firm and remain true to our innermost wants; to live a life of merit and fulfillment – a life of responsibility?

Ever observed how we straightaway offer a defense when somebody confronts us about our unfit conduct? We've all been guilty of it sometimes and what a finer way to divert that confrontational attention off of ourselves. "If you believe I behaved badly, you ought to see how she acted!", "I only betrayed her because she did it to me first, I'm not a immoral person", "You believe our relationship has troubles? What about the Smiths', they're genuinely the ones who need couples counseling".

All of us can come up with somebody else to fault or at any rate find somebody else who has some more faults than ourselves to take the heat off and position ourselves in a beneficial light. Making comparisons in this manner seems to be constructed into our DNA.

When we consider our own lives, adapting the line 'I might not be perfect, but I'm no sorrier than the next individual' seems only too familiar but acting badly or in a less suitable way than what we would require from other people, compromises our own integrity.

The thought that we're 'not as bad' as somebody else lets us think that our own actions are hunky-dory and cautiously selecting somebody with whom we can equate ourselves to only gives the

backing we need to rationalize this to ourselves. It's all really handy right?

This sort of conduct lets us skip out on being responsible for ourselves, to carry on acting poorly or to just 'put our head in the sand' about particular matters. If our actions are 'not as sorry' as another person's, does that signify we're right?

Is it truly just when we perpetrate an act we recognize is wrong, to not anticipate being held responsible for it? We frequently hurt other people in ways we, ourselves wouldn't enjoy happening to us.

As a matter of fact, a few of life's hardest examples can serve as brutal reminders that we have treated somebody in a way we'd detest to be treated ourselves so how come do we do it? How come do we do something if we're afraid to face to outcome?

A friend once afforded me some of the finest, yet simplest advice I've ever gotten – 'don't be remorseful, just don't do it!' Its dandy advice that compliments that old adage of 'Do unto others, how you'd have them do unto you' and is a marvelous doctrine to live your life by.

Consider it, if you tell yourself this any time you're pondering lying to somebody, treating somebody poorly, speaking out of turn or doing something you shouldn't behind another persons back – and let's face it, nine times out of ten you're going to get found out, you'll never have to be 'sorry' ever again.

If you don't do the bad behavior in the first place, you won't have the face-off with that individual, there'll be no disturbance or judging, no relationship doomed or tarnished and utterly no need to apologize,

best of all - your moral sense will always be clean and guilt free. It might be rather an easy way to set about life but it most decidedly works. Regrettably, doing unto other people, how you'd have them do unto you isn't always assured in today's society but you are able to at least be responsible for your own actions. Passing off the blame only displays a cowardliness and lack of value for yourself and everybody around you.

We're responsible for our own lives. No person is precisely like us; not even an identical twin. Our seeds of joy are our own; our resolves are as unique as our fingerprints. Take responsibility for your own life.

Chapter 2:

Just What Is Fear

Synopsis

Fear can come in many forms and it is imperative to understand what it is.

The Realm Of Fear

There's unhealthy fear and healthy fear. For instance, when we're afraid of something that can't really hurt us – like spiders – or something we can do nothing to head off – like old age or catching a cold or being run down by a truck – then our fear is unhealthy, for it functions only to make us distressed and paralyze our will.

On the other hand, when somebody stops smoking because they're afraid of getting lung cancer, this is a healthy fear as the danger is real and there are constructive measures they can take to avoid it.

We have a lot of fears-fear of terrorist act, fear of dying, fear of being apart from people we love, fear of losing control, fear of commitment, fear of failure, fear of rejection, fear of losing our job, the list is ceaseless! A lot of our fears are rooted in delusions– garbled ways of viewing ourselves and the world around us. If we learn to contain our mind, and cut down and finally wipe out these delusions, the origin of all our fear, healthy and unhealthy, is annihilated.

All the same, at present we require the healthy fear that develops from scrutinizing our present state of affairs so that we can decide to do something about it. For instance, there's no point in a smoker being frightened of dying of lung cancer unless there's something that he or she can or will do about it, i.e. Quit smoking. If a smoker has a sufficient fear of dying of lung cancer, he or she will assume steps to kick the habit. If he would like to dismiss the danger of lung cancer, he'll continue to produce the causes of future suffering, living in self-denial and in effect relinquishing control.

Just as a smoker is vulnerable to lung cancer due to cigarettes, it's true that at this instant we're vulnerable to risk and harm, we're vulnerable to ageing, illness, and finally dying, all due to our being pinned in samsara-the state of uncontrolled being that's a reflection of our own uncontrolled minds.

We're vulnerable to all the mental and tangible pain that develops from an uncontrolled mind-like the pains that derive from the delusions of attachment, wrath, and ignorance. We may choose to live in denial of this and thereby relinquish what control we have, or we may decide to realize this vulnerability, acknowledge that we're in danger, and so find a way to avoid the risk by taking away the real causes of all fear (the same as the cigarettes)-the delusions and damaging, unskillful activities motivated by those delusions. In this way we acquire control, and if we're in control we hold no cause for fear.

An equilibrated fear of our delusions and the hurting to which they unavoidably bring about is consequently healthy as it serves to prompt constructive action to avert a true danger. We only require fear as an impulse until we have removed the causes of our vulnerability through discovering spiritual, inner asylum and step by step grooming the mind. Once we have caused this, we're fearless as we no longer have anything that can hurt us.

Remaining firm between us and our resolve is unhealthy fear, a survival mechanism failed. There will be times it's healthy and normal. But fear has become rampant when it never exits us. It becomes a shadow, only visible in abbreviated glances, but is forever right alongside you. No more does fear take over when required; now it silently colors our sight, so that we see everything as sinister.

Fear demolishes self-sufficiency, exuberance, and initiative. It promotes procrastination, and leads to debile character. It defeats love, mists memories, and finally leads to wretchedness and sadness.

All the same take heart, for a lack of bravery is nothing more than a frame of mind. It can be mastered. Be forever on the alert for it. Fear is visible when somebody holds a gun to our head, but it's more difficult to make out in our daily lives. Be suspicious of indecisiveness and doubt, for they harden into profoundly entrenched sense of fear.

Chapter 3:

Self-Justifications Don't Make True Limitations

Synopsis

We must examine our fears with a true and fearless eye.

They Are Only Excuses

Excuses can appear unbelievably strong and valid now and again, to the point where we wind up trusting they're absolute truth. But, excuses can not only make us miss out on some opportunities, they really have the mightiness to demolish our lives if we let them.

When we continually talk ourselves out of executing matters we wish to do, we produce a mighty downwardly spiral of diminishing opportunities, dwindling abundance, and decreasing self-regard. Finally we wind up being a hollow shell of the person we may have been.

Don't let your excuses ruin your life! Excuses are for weak-willed persons who have no want or willingness to grow and develop themselves. They've talked themselves out of making the lives they sincerely want, and they won't budge from where they are today unless a life crisis pushes them to.

Is this you? Or would you rather be somebody who pokes fun at limits and faces their fears head on?

If you're in the habit of buying into excuses, you likely say things like this:

- “I can't . . .”
- “I don't have the gift . . .”
- “I wouldn't be substantial enough . . .”
- “I'm not young enough . . .”
- “I don't have any time . . .”
- “I don't have the income . . .”

- “I don’t have the wits . . .”
- “I’m not adept at . . .”
- “It would be too difficult . . .”
- “It’s virtually unimaginable for somebody like me . . .”

How many times have you stated things like this? They're excuses, plain and simple.

Here’s the worst thing: even if an excuse really bears some merit, like if you truly don’t have enough income to go back to school or begin a business – the excuse itself forbids you from even attempting or doing work toward the goal in some manner. Just because you don’t so far have the income, time, gift, courage, or whatever . . . Doesn't signify you won’t have it at some later time.

Here’s the beneficial news: if you reject excuses, they abruptly cease to be real.

Beginning now, take a good severe look at your own excuses. Are they actually true, or have you been duping yourself because it appears easier than smashing the fantasy?

If you call into question the beliefs you hold about yourself and your potentialities, you may be surprised to learn that you’ve been held hostage by excuses. But because you defined the excuses, you are able to easily disassemble them too, one step at a time, one defective notion at a time.

Once you start executing this even in little ways, you start to acquire greater strength and empowerment within yourself, and your whole life will start to switch and change in marvelous ways.

Once we lay naked our fears, when we analyze them with an honest and brave eye – what we find are not limitations. What we find are excuses. Occasionally these are unconscious. They come from events, revilements, and cruel judgments that we have taken to heart. Without scrutiny, we have let them control our lives.

Each person has their unique self-justifications; no one can ever hope to supply a comprehensive list. But remember that excluding extreme conditions, they are just excuses.

Chapter 4:

Getting Fears In The Open

Synopsis

Fears need to be exposed in order for them to be dealt with.

Do You Just Try To Live With Your Fears?

We all have fears. Even those that seem to be very surefooted might have fears that they're failing to handle. Occasionally these fears lead to pushy behaviors and other times they lead to timidness and lack of assuredness and confidence.

A lot of individuals have fears from childhood or adult life that they don't directly recall but which have a massive impact on how they lead their lives day-after-day and on how they make decisions. A few individuals have fears that they're clearly cognizant of but have no idea how to cope with and how to break the negative affect they're having on their lives. Fear has its area in your life but unrestrained fear can lead to a life of sadness, self denigration and unrealized goals and desires.

Think of when you were a child and just knew there was a giant milling about at the foot of your bed? How did you master that fear? In all likelihood somebody turned on the lights and remarked that your giant was nothing more than a coat hanging on a chair. Once the lights came on, the giant was no longer dreadful.

The same precept applies to overcoming our fear in adulthood. When we view our fear in the light of day, we find out that what we're afraid of isn't so awful after all.

Understand however that fear is your foe – no other way to describe it. I'm not talking about that innate life preserving action along with a major boost of adrenaline that happens if a wild beast is coming at you. I'm talking about the fears individuals live with daily.

Fear is your enemy. Somebody once distinguished fear as, “Sand in the machinery of life.” Fear doesn’t assist you, it hampers you. Fear doesn’t get you through an open door; it holds you in the hallway. Fear never helps you put your best foot forward; it simply keeps both of your feet in cement.

The psychology of now is, “Learn to accept your fears”, “Encompass your fears”, “It’s normal to have fears – everyone does.”

It’s true; tons of individuals do have fears. And there are individuals who are trying to ascertain how to live with their fears, and encompass them.

However you don’t have to live with fear.

But first you need to expose your fears. What are your excuses? What are the fears that dwell behind them?

This will be difficult work and time consuming, but the benefits will be enormous; a far better way of passing your free time than on senseless amusement.

Take a minute to put down your fears. Begin with your intent in life on the top of the sheet, and then let your ideas flow underneath. Shoot for volume. Let your ideas repeat themselves, and don’t stop till you’ve found each and every one. If you need help discovering your fears we will cover that next.

Chapter 5:

Tips To Uncovering Your Fears

Synopsis

Some helpful ways to uncover your fears so they may be dealt with correctly.

Just How Do You Go About It?

There are some simple steps you can take to uncover exactly the fears that are holding you back and hampering your success.

A human illustration may be helpful here:

I have a friend who's current passion is to be a psychologist; likely a counselor or a therapist. He's made the essential sacrifices to return to school as a mature age pupil, but lately he's endured a lot of uncertainty. He says there are many reasons for it, but let's break down one.

He has acquaintances that are already functioning in psychology. One notable story, in that circle of friends, centered on a self-destructive client. I don't know the precise details, but the suffering he had put on one of the friends was enormous. He threatened to kill himself and said it would be her mistake if he did. And one day he vanished after leaving a lot of incoherent messages on her telephone. She was ravaged, thinking he had really done the unthinkable. Fortunately, he hadn't. He came back to therapy a couple of weeks later and is making progress.

Her suffering affected my friend hugely. He is exceptionally sensitive; his empathy lengthened beyond knowing what another experienced – frequently he felt what they felt. What if he met a like client? Would he tackle their self-destructive tendencies? The therapist friend lost nights of sleep; my friend's sensitivity would mean his pain would be numerous times stronger than hers.

Scrutiny and Reality

This was his excuse, his seed of fear. But he had to defeat it if he was to go forward along his path. One day he sat down to look into it. Was he really as emotionally feeble as he thought?

The fact of the matter was: he decided he wasn't. He realized he's sensitive, but he's not emotionally as feeble as he believed. A couple of scattered incidents, without scrutiny, had simply falsified his self-image.

The exercise wasn't about twisting his fear in the other direction, making believe he was made of stone. It was about getting his perceptions as close to truth as possible. He knew that if something similar came about, he'd be affected, but it wouldn't mean the end of the world. It would be something he could handle.

Taking Away Distortions

After looking into the other excuses, he then turned his attention to the event. How many self-destructive clients would he meet? What were the probabilities of them acting that way?

And even if they did – what would that entail? Would it mean he was an unsuccessful psychologist, or worse, a manslayer? Would it be a blemish on him or his value? Is there any vocation that didn't involve a amount of suffering?

Letting Go Of The Emotions

In conclusion, my friend spent a couple of nights at home, amply researching and letting go of the emotion of fear. He conceived of the worst case scenario, and let go of the fear that he felt around it coming about.

Chapter 6:

Taking Action

Synopsis

Fears and inner distress won't go away on their own.

Are You Stuck In A Rut?

The danger of all this internal work is, of course, that many will use it as another alibi. Inner work becomes another obstacle, another reason to remain in a rut instead of taking steps.

Sometimes, the best way to overcome fear is to simply do it.

Nathaniel Branden, believed to be the father of the self-respect movement, gives a splendid step in his consummate work *The Six Pillars of Self-Esteem*.

If you're stuck in a rut, not being able to take action, the 5% statement will be enormously helpful. It forms in small increases, as the name hints. I've applied it in so many ways – to start exercising again after a long furlough, to cut down procrastination, and even to better my relationships.

A 5% Statement

A 5% statement is broken into two halves. Instances would be:

If I was to be 5% more responsible now, I would _____.

If I was to be 5% less doubtful today, I would _____.

Here was one I wrote out this morning: If I was 5% more giving today, I would buy a homeless person dinner and spend time chatting with them over dinner and later on.

Stop, and consider your certain excuse, fear, or failing. What would you need? What would the first half of your statement be?

Following, make out the statement every morning when you wake. The action you need to take may change daily, but irrespective of what you do, your life will continue going in the correct direction.

The wiseness in this is visible, for attempting to change altogether overnight is virtually impossible. It would set off much inner resistance. 5% increases are enough, and there will be scaled down resistance.

When momentum starts, occasionally the trouble comes in ceasing!

The Price and Advantage Analysis

The last strategy for galvanizing ourselves into action is to list the price and the advantages of staying in our current path.

The price: maintain a list of this, and carry it around throughout the day. Does it make you distressed? Does it keep you bringing in a wage you don't like? Does it keep you lonesome? What would happen in 5, 10, or 20 years if you kept going down your current path?

Read this list whenever you are able to. This may keep you stuck in the level of fear, but at least you're using it in in good order.

The advantages: What do you acquire out of not living your intent? Maybe your friends and family are giving you emotional backing and a lot of tending when you complain of your misery. Maybe you may need to move to another city to pursue your passion, and you would like to avoid the fuss. Perhaps you don't feel you have the skills to make new acquaintances once you move.

Move the benefits through the total three step process identified above.

Once again, these exercises may seem to be a lot of work – but please recognize that a hesitancy to journal and look into yourself is the same hesitancy that holds you back for your fear. Possibly completing this work may be the first process in a 5% statement.

Chapter 7:

Releasing Fear With Meditation

Synopsis

Learning to release fear through the art of meditation has great benefits.

Meditating Your Fears Away

Meditation is the prowess of quieting the mind so that you turn aware of what is self and what isn't self. Fear, I trust is a reaction that isn't induced by self per se, but induced by emotional responses that are not controlled responses. If we were more in line with our entire self then we would be more easily able to know when an emotion is happening and respond to it accordingly in a conscious way.

This can be more beneficial to us than responding in an unrestrained way that banks on intuition. By being able to command the emotion better we're then able to continue to consider matters from an objective standpoint and not let ourselves to get wiped out by that emotion.

Seeing matters objectively can let us make better decisions in the face of fear and command it so that it doesn't or can't affect us later. This can as well work to free us from past fears that we have hung on to for so long and have little command over.

First off you'll want to get in a meditative pose in a place that you won't be annoyed by phones, youngsters or pets. You can sit, stand or lie down (so long as you don't doze off) as long as you're sure to keep nothing crossed.

Crossing of the arms, legs or extra parts disrupts the flow of energy in the body and puts a clamp on the circuit. If you decide to sit Indian style or in a Yoga pose this is satisfactory as the energy in those positions is permitted to flow freely. Now what we want to do is to loosen up our entire body and keep our mind alive and alert.

Once you are relaxed see yourself from a 3rd party position. Start to envision a state of affairs that causes fear. When you come to the part where your fear happens I want you to do the following:

Lean in to your past self and whisper into its ear. “This fear can't hurt you; you're strong, brave and loved. This emotion has lost its command over you. You'll change your response and in doing so empower yourself!”

Repeat this several times for different situations and fears.

Be cognizant that you might find to begin with that occasionally it works and occasionally it doesn't. This is all right and very usual. It does take time for a utter reprogramming of the body responses through meditation and self awareness, all the same doing this meditation again and again will energize you more and more so that when situations of fear spring up you're more likely to retain self awareness and alter the fear into empowerment.

This isn't an unfailing method by any means. As a matter of fact there's no unfailing method available. This takes time and commitment as well as energy from you. That's the most crucial part however, is that you're using your own energy to charge yourself with empowerment through fear, and eventually can become the strongest response that you are able to have, with the strongest energy that can produce it...your own.

Chapter 8:

Overcoming Fear With Self Hypnosis

Synopsis

Using self hypnosis to overcome fears can be a highly effective tool.

Program Your Fears Away

Everybody feels fear. Whether it's the fear of high places, fear of flying, fear of oral presentation or the fear of spiders, all these fears and phobias can be defeated permanently with hypnosis.

Self-hypnosis is a highly suggestible state wherein the mortal can send suggestions to himself. It's simple to figure out that the procedure involves providing yourself with suggestions, instead of receiving them from a different person.

These self-suggestions are more readily admitted by your ego as you've already put yourself into a state of light trance. And what about that trancelike state?

Self hypnosis and hypnosis by another, or "hetero-hypnosis" have been compared in a study. The study found that both demonstrated absorption, or the complete occupation and focus of the mind, as well as a passing off of the usual orientation to general reality. Where hetero-hypnosis distinctly required concentration on an outside source (the hypnotist) and openness to stimuli coming from that source, self hypnosis commanded "expansive, free-floating attention and ego openness to stimuli coming from inside. The trance state, then, would be a feeling of detachment from general reality, and an expansive attention to what comes from inside.

Think of how it felt when you were reading and petting your cat at the same time? Do you ever talk to a rider when you're driving, or listen to the car radio? Do you ever wash off dishes while you're listening to music? You're executing several actions at the same time, but you're still concentrating (hopefully) on your driving, or savoring the music.

It's as though most of your mind is centered your primary task, and the rest of your mind is on cruise control or autopilot, just carrying you along with whatever else you're doing.

Precisely that feeling is how it feels to hypnotize yourself. The first time you do it, it won't seem strange; it will feel comfy and familiar, as you've been there a 1000000 times before throughout your life. Self hypnosis isn't unearthly or bizarre, and it surely isn't painful or hard. It's a mighty relaxation technique, and learning to do it at will can help you better your life in a lot of ways.

Our mind is a very mighty instrument and hypnosis can effectively help you rewire your past views and beliefs. Since hypnosis is a non-invasive technique of treatment, it's safe and gentle enough for anybody to use. The procedure will allow you to relax your mind and get at the nitty-gritty issue that's causing fear and phobia to evidence in your life. When your fears are beaten, you acquire confidence, increase your self-esteem and become more positive.

You are able to either use self hypnosis to treat your fear, or you can go to a pro hypnotherapist. When you choose to go it alone, it's often helpful to use a recorded hypnosis session in order to direct you through the process. You are able to make this recording yourselves or you can purchase a session on CD or an MP3 format.

The process of hypnosis is easy. You or your hypnotherapist will relax your mind by a series of breaths and counting. Once you're in a hypnotic state you'll be able to dig into your mind for the fundamental cause of your fear or phobia.

Hypnosis lets you to access the subconscious part of your mind which acts as a storage of your former experiences. Here you'll be able to discover what is causing your fear, and supersede those feelings of anxiety with confident and empowering statements.

Again these statements are called suggestions and are formulated in a positive tone to help you overcome phobias. For instance, rather than using “I'm no longer afraid of meeting people” you'd program yourself with a suggestion that says “I'm confident and unafraid when I meet new people.”

Processing with your hypnosis recording or a hypnotherapist, you'll get rid of your past mental programming and your fresh suggestions will help you with overcoming fears.

Chapter 9:

Using Spirituality To Combat Fear

Synopsis

Fear is the primary negative emotion. It's universal. But you can fight fear with spirituality.

Calling On A Higher Power

Fear drains off our physical and mental energy. Fear is a capital stumbling block to forward motion. The root, type and strength of fear deviates from person to person. All the same, fear stalks us all. It's a great shame that in spite of our inherent divinity, we go on to be held hostage by the psychosis of fear.

Fear isn't an abstract. It survives always in respect to something. That something may be evident or in our subconscious mind. But its relational facet can't be eliminated. Fear can be of dying, ailment, loss of reputation, failure in a test, a ghost, sorcery, soul-possession, or loss in a business deal. It may be anything.

Fear brings forth anxiousness. Anxiousness collectively with doubt and indecision plays mayhem with our physical and mental wellness. Fear handicaps initiative, bottles up skill, chokes cleverness and in the process inhibits our natural instinct of edging towards higher level of consciousness. The science of introversion states that so long as we continue to describe ourselves with utter body and elusive mind and intellect, fear will continue trailing us like a shadow.

Fear keeps us in ceaseless state of upheaval and turmoil. Fear delivers mental weakness which leads to ceaseless stress and strain. It bestows misery and bad luck. Failing is death. Cowards fail many times before dying. Failing emanating from fear makes us endure life under delusion. Delusion restricts us to the body-mind complex. Deluded, we go on to suffer in the cauldron of fear and weakness. The minute a individual becomes cognizant of his true divine nature it would

immediately dawn on him that there's nothing in this creation that he truly needs to fear.

Fear is the root cause of all wretchedness in the world which consumes our strength. We do all kinds of cockamamie things because we have accepted to be feeble and pliable. Put differently, weakness is both the cause and the effect of fear. So it's crucial to overpower weakness and adopt courage and strength. Don't fault others for your misery and bad luck. The conditions in which one is placed are of one's own making. You're what you've made yourself. You alone can unmake it. No one will do it for you.

Grouching and brooding over failures and weaknesses won't help. Don't believe you're lost, bound and in bonds by karma. So what, if you've done some incorrect things in the past - it's never too late to correct them and get stronger. Strength has to come from inside you. You're an integral component of the Infinite Spirit.

Once Alexander the Great occupied India, he saw a saint sitting down serenely on a stone near the River Indus. He attempted tempting him with material things to come to his nation. The saint refused. This angered the king who unpacked his sword, threatening to murder him. The sage responded: "you are able to kill this body but not the spirit inside; for its unborn, undecaying and infinite".

The unmatched word that echoes freedom and realization is bravery. Fear is at the foundation of all human degradation. Bravery can be brought within our reach provided we make a firm and determined bid to lift the lid of ignorance.

This can be accomplished through true spiritual knowledge. All knowledge lies inside us, even knowledge of the spirit. When it's revealed, one surpasses the body-mind consciousness by undergoing cosmic consciousness. Cosmic consciousness can be accomplished by learning the art from a learned guru.

Chapter 10:

The Knowledge Of Failure

Synopsis

Knowledge in this world and time is the one thing that no one can do with out. The knowledge of failure can help more than you know.

Expanding What You Know About Failure

Fear is among the greatest hurdles people face—not only when we are young, but throughout life. In published surveys of many, many people through the years, people were asked to write about the one huge thing about life that scared them the most.

In looking at many responses, the same fears popped up time and time again. Read the following list and see how many of these fears you wrestle with:

I'M AFRAID OF . . .

- Never getting out of debt
- Being poor in my old age
- Turning a loss
- Losing face
- Causing expensive errors
- Falling in over my head
- Having a hassle with the police
- Having a hassle with the Internal Revenue Service
- Having a hassle with my spouse/partner
- Getting sick or dying with no one left to handle things.

I'M AFRAID I WILL . . .

- Get tired of working on myself
- Let my fear ruin my family either financially or emotionally
- Get swallowed by the fear so I end up as stressed as humanly possible.

I'M AFRAID I WON'T BE ABLE TO . . .

- Discipline myself and stay motivated to work on myself
- Make the necessary changes
- Meet the expectations I've set for myself
- Convince other people that what I'm doing is right

In the above list, do you realize the common denominator? Though fear can be expressed in a lot of different ways, what it all comes down to is fear of the unknown.

And that's beneficial news, as knowledge is the counterpoison to fear. I once heard somebody on radio state that knowledge equals information times experience, which made me recognize I wasn't portioning out my knowledge with other people, but merely portioning out information to them.

Therefore, you are able to use all the information you can find to increase your own knowledge, and once you have that, you'll also have an understanding about what you can or cannot/had better or shouldn't do.

Once you take off on a new road of discovery—which is exactly what conquering fear is for most individuals—it's natural to be scared, even scared silly. But that might be good for you in a way.

Panic is a great basis for creativity. If fear is the chief thing holding you back from success in your life, ask yourself what's the sorriest thing that could happen if you tried? Failure? Naturally.

But failure can be a good experience as it teaches you what not to do the following time.

I sure as shooting have had my own portion of failures. However, only for a short while. Then I started to realize the of import lessons failure had taught me. In retrospect, I ascertained that failure in one area was often a essential step to success in another.

Failure doesn't take something out of you; failure builds a lot of essential character and personality qualities into you. You're not more fallible because you fail; you're tougher, stronger, more determined--and much more knowing.

As the very act of setting out involves the unknown, most of us have an inclination to shy away from it. Yet we can't make gains as individuals if we don't perpetually explore unknown territory and test our new thoughts and theories.

If you have a idea in mind at this time, but are being suppressed for one reason or another, use this time to heighten old skills, learn new ones, and gain an education. As Ben Franklin put it, "An investment in knowledge pays the best dividends."

Conquering fears right now may not be nearly as important in the long run as being able to do it well when the time is correct. Each fresh thing learned will widen your success; each new skill learned and sharpened will increase your overall potential.

Everything you do to evolve your skills and expertise will be like depositing gains in a special savings account. Invest in yourself with knowledge and the understanding of failure! You'll never find a more suitable investment.



Natural Help for Anxiety & Depression

Dealing with Anxiety

A fast-paced modern lifestyle can be difficult for both adults and children. Trying activities such as work deadlines, job interviews, school competitions and public interactions don't make it any easier either.

It's **not uncommon to find oneself a little overwhelmed** at the thought of a particular upcoming event or situation. Sometimes demands may be so great that it is difficult to slow down and take a deep breath, causing us to worry about everything.

The natural way

A lot can be done to **support a healthy ability to relax** and slow down. One way of doing this is to keep your mind producing its own natural feel good chemicals by eating lots of fresh fruit and vegetables and whole grain foods, getting plenty of fresh air and sunshine and exercising regularly.

Practicing relaxation techniques, meditation or even taking time for a regular walk on the beach can all help to reduce stress levels and facilitate a feeling of calm – helping us to wind down and relax.

Natural remedies can also help to **support the nervous system and to keep nerves settled and soothed** – to enable us to cope more easily with the everyday stresses of our modern existence. In fact, natural remedies have been used in traditional medicine for thousands of years **to support the healthy functioning of the brain and nervous system.**

In more recent times, research has confirmed this traditional wisdom. There are now many published clinical studies demonstrating the ability of a range of herbs to support the normal functioning of the brain and nervous system and maintain a healthy equilibrium - which will assist with staying calm under pressure.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely **maintain harmony, health and systemic balance in the brain and nervous system**, without harmful side effects. This remedy contains a selection of herbs known for their supportive role in maintaining healthy nervous system function. Due to the concentrated tincture formula, PureCalm Drops work quickly to maintain balance and harmony in the nervous system – exactly when you need it!

Naturally Helping Depression

Serotonin is an important neurotransmitter manufactured and found in the brain. Along with other neurotransmitters, serotonin helps to support **emotional wellness and sleep patterns as well as energy levels, sex drive and appetite**.

Serotonin also promotes healthy concentration, a positive mental attitude, memory and mental alertness. Other neurotransmitters such as dopamine, as well as **certain hormones like cortisol** are also involved in maintaining balanced mood and feelings of confidence and well-being.

While your feelings are not all about brain chemicals, the delicate balance between neurotransmitters and other hormones can play a big part in **maintaining emotional stability**, wellness and a positive outlook. Lifestyle, stress management and maintaining healthy relationships all contribute to happiness.

However, when there are challenges to face, a solid foundation of emotional health, **balanced brain chemistry** and a healthy self esteem will make all the difference to how we are able to cope or have the emotional strength to make changes necessary to improve our lives.

The natural way

A lot can be done to naturally **maintain emotional health and a healthy positive mental attitude**.

It is a good idea to keep your natural feel-good chemicals flowing by eating lots of fresh fruits and vegetables and whole grain foods, ensuring plenty of fresh air, adequate sleep, moderate sunshine and regular exercise. Many healthy foods (e.g. bananas, turkey and carbohydrates) contain nutritional precursors of serotonin and this makes them natural ‘mood foods’ to

maintain healthy serotonin levels!

Also, never underestimate the power of a few stolen minutes during the workday (or school day) to rejuvenate the spirit and relax the mind – **meditation, yoga or listening to a calming CD can all promote relaxation.** Smoking, recreational drugs and alcohol can all depress the nervous system and affect the balance of neurotransmitters like serotonin – so try to cut back or avoid these habits for the sake of your emotional as well as your physical health.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to **safely maintain emotional health, balanced mood and systemic harmony** in the brain and nervous system, without harmful side effects. This remedy contains a selection of herbs known for their excellent and supportive function in maintaining brain and nervous system health, **emotional balance** and overall emotional well-being.

While the herbal ingredients in MindSoothe have been used for thousands of years in traditional folk medicine, more recently extensive research has supported the therapeutic and tonic benefits, as well as the safety profile of these herbs – meaning that you can use MindSoothe with confidence and without fear of side effects.