

Fear: Understand it and Do it Anyway

Monday conf call 10/15/07

Mannafest 2008

Dr. Connie Godenick new CD (16 minutes)

Break out and JUST DO IT! Those who persist succeed!

Napoleon Hill's, "Think and Grow Rich"

Susan Jeffers, "Feel the Fear and Do it Anyway"

1. How do we define FEAR?

a. Fears are nothing more than states of mind. One's state of mind is subject to control and direction. (This tells us how to deal with FEAR). Every human being has the ability to completely control their own mind. We have absolute control over our own thoughts...thoughts have a grave tendency to clothe themselves in physical equivalency.

b. FEAR is nothing more than False Expectations Appearing Real.

c. "Many people are driven by fear. Their fears may be a result of a traumatic experience, unrealistic expectations, growing up in a high-control home, or even genetic pre-disposition. Regardless of the cause, fear-driven people often miss great opportunities because they are afraid to venture out. Instead they play it safe, avoiding risks, and trying to maintain status quo. Fear is a self-imposed prison that will keep you from becoming what God intends for you to be. You must move against it with the weapons of faith and love. The Bible says "Well-formed love banishes fear. Since fear is crippling, a fearful life...fear of death, fear of judgment...is one not yet fully formed in love." " Rick Warren, "Purpose Driven Life"

2. There are six most common fears that run our lives:

a. The Fear of Poverty

1) The two roads to poverty and abundance travel in opposite directions. If you want abundance you must refuse to accept any circumstances that lead to poverty. If you choose abundance, then choose the state of mind for abundance.

This is the most destructive of all the fears. Nothing brings so much suffering as poverty.

So eager is man to create wealth that they do anything to get it, including legal and illegal activity. So we risk our most valued asset...freedom...just for the sake of wealth.

2) Self evaluation will open up the possibility that this fear impacts your life. Here are the symptoms that Napoleon Hill recognizes in those suffering from this fear:

Indifference: lack of ambition, willingness to tolerate poverty, lack of initiative, imagination, enthusiasm, self-control

Indifference: the habit of allowing others to do your thinking; staying on the fence

Doubt: Use of alibis or excuses for failures; sometimes sounds like envy or criticism of those who are successful

Worry: Usually expressed by finding fault with others; a tendency to spend beyond one's income; lack of poise and self-consciousness;

Over-caution: The habit of looking for the negative side of everything, thinking and talking the possibility of failure instead of concentrating on the means to success; waiting for the "right time" until waiting becomes a habit. Looking at the glass half empty instead of half full.

Procrastination: putting off until tomorrow that which should have been done last year; spending enough time in excuses and alibis to have done the job. Refusal to accept responsibility; willingness to always compromise rather than fighting for what you know is right; bargaining with life for a penny instead of harnessing the riches, contentment and happiness all around us; association with those who accept poverty.

b. The Fear of Criticism/Rejection

1) This fear robs a person of his imagination, initiative; it limits his individuality, takes away his self-reliance
Criticism is the one form of service of which everyone has too much. Criticism will plant fear in the human heart, or resentment, but it will not build love or affection.

2) Symptoms of this fear:

Self-consciousness: generally expressed in nervousness, timidity in conversation and in meeting strangers, awkward

movement of the hands and limbs, shifting of the eyes.

Lack of Poise: expressed through lack of voice control, poor body posture, poor memory.

Personality: lacking in firmness of decision, personal charm, and ability to express opinions definitely. The habit of side-stepping issues; agreeing with others without careful

Inferiority complex: the ability to express self-approval by words and by actions as a means of covering up. Using big words to impress others; boasting of imaginary achievements; imitating others in speech, dress, and manners.

Extravagance: to keep up with the "Joneses"

Lack of initiative: failure to embrace opportunities for self-advancement, fear to express opinions, lack of confidence in one's own ideas

Lack of ambition: mental and physical laziness; lack of self assertion; the habit of accepting defeat without protest or quitting an undertaking when opposed by others.

c. The Fear of Ill Health

1) This fear may be traced to both physical and social heredity. It has been shown most convincingly that the fear of disease, even where there is not the slightest cause for fear, often produces the physical symptoms of the disease feared. Powerful and mighty is the human mind. It builds or it destroys.

Disappointments in business and in love stand at the head of the list of causes of fear of ill health.

2) Symptoms of this fear:

Autosuggestion: Habit of trying all fads and isms recommended by others as having therapeutic value;

Speaking a lot of illnesses: negative use of self suggestion by looking for symptoms.

Hypochondria: the habit of talking illness, always on your mind, expecting something to break out (and thus, it does)

Exercise: fear of ill health often interferes with proper physical exercise, resulting in being overweight, by causing one to avoid outdoor life

Self-coddling: the habit of making a bid for sympathy, using

imaginary illness as the lure.

Intemperance: the habit of using alcohol or other drugs to destroy pain such as headaches, etc instead of eliminating the cause.

d. The Fear of Loss of Love:

1) Jealousy and other similar forms of neurosis grow out of man's inherited fear of the loss of love. We tend to live in paranoia with this fear. It can paralyze us much like the other fears.

2) Symptoms of this fear:

Jealousy: the habit of being suspicious of friends, and loved ones; losing faith in everyone; becoming accusatory

Fault finding: the habit of finding fault on the slightest provocation, or without any cause

Gambling: the habit of gambling, cheating, stealing, and otherwise taking hazardous chances to provide money to loved ones in our belief that money will solve all problems;

e. The Fear of Old Age

1) This fear grows out of two sources: the fear that old age will bring poverty. The second is the fear of loss of freedom or independence...someone else will have to take care of me.

2) Symptoms:

Slow down and develop an inferiority complex: this sometimes happens at the age of forty or fifty; the truth is these are our greatest years mentally and spiritually.

Speaking apologetically about being old: we start this at forty as if it is an excuse; using this instead of expressing gratitude for reaching the age of wisdom and understanding.

Killing off initiative, imagination, and self-reliance by falsely believing one's too old to exercise these qualities:

f. The Fear of Death

1) This generates from many sources but the most common is the thought of eternal punishment, or "is this really all there is?" thinking

2) Symptoms:

Thinking of dying instead of making the most out of life:

lack of purpose, direction, no legacy, no desire to make a difference.

Giving into illness: using your illness as a definition of self

3. Fear paralyzes us, paralyzes situations so how do you overcome?
 - a) Examine your own
 - b) The five truths: acknowledge them as they apply to yours
 - 1) Fear will never go away as long as you continue to grow.
 - 2) The only way to get rid of the fear of doing something is to go out and do it
 - 3) The only way to feel better about yourself is to go out ...and do it. By accomplishing something you raise your self-confidence.
 - 4) Not only are you going to experience fear when you are in unfamiliar territory, so is everyone else.
 - 5) Pushing through fear is less frightening than living with the underlying fear that comes from a feeling of helplessness.
 - c) The basis for all fear:

“I can’t handle it.”

So establish an affirmation to support yourself to believe in you...”I can handle it” and strike “I can’t” from you vocabulary

“I am powerful and I am loving and I have nothing to fear.”
 - d) Monitor your vocabulary...rid all negative and victim language
 - e) Take at least one risk a day (this broadens your comfort zone and reinforces “I can handle it.”)
 - f) Take responsibility for your life; choose actions that grow you
Signs you are not?
Anger, frustration, upset, blaming others, pain, lack of focus, self-pity, envy, helplessness, constant state of limbo, impatience, joylessness, fatigue, trying to control others, obsessiveness, judgmental, jealousy, disappointment, addictions,
When you experience any of these, determine what you are not doing in your life that is causing this and take action.
 - g) Stop any negative thoughts; be positive (The Secret)
 - h) Surround yourself with positive, supportive people
 - i) Before making a decision, understand the No Lose model and do your homework
 - j) Say yes to the universe...no matter what happens to you in life, nod

your head YES instead of NO.

j) Choosing love and trust; to love is to serve, to give

k) Learning to give...giving with expectation of getting will breed fear...we will spend a lot of time disappointed that we are not treated fairly; unconditional giving will bring unlimited joy.

Learning how to give...and therein lies an answer to fear. When you have a heart of gratitude, then you can freely give because you are grateful for what you have.

l) Operating from your spiritual side, your "Higher Self" is what Susan Jeffers calls it.

When you operate from this Higher Self, you feel centered and abundant...your fears automatically disappear.