

**AWAKENING THE POWER WITHIN YOU
(Enjoy Your Everyday Fearless Life)***Self-Enrichment and Inspirational series ...*

Fear is an intruder and an interference with everyday life. It has the power to immobilize and cast a cloud over what may have been a positive experience.

Fear keeps us in the background. It convinces us we can never accomplish our dreams, tells us to keep quiet, and separates us from the ones we love. Fear has an unparalleled ability to freeze us in our tracks, and limit what we are willing to try. Fear makes us lead a smaller life. Fear is not a bad thing. It exists for our protection as an early warning signal. But there is a big difference between the healthy fear that tells us to step away from the edge of a cliff and a constant fear that keeps us from living our life.

If a fear is imagined or irrational, it can be paralyzing and hold us back from living life fully and productively. Many imagined fears, such as fear of rejection, looking foolish, or of failure, are the types of fears we must learn to manage and overcome. If we let them control our lives, we would never venture forth or strive to become all that we can be.

Fear is as **non-substantial** as our shadows. Sometimes the shadow have a great impact on you. In a jungle when the night is approaching you can be frightened of your own shadow. In a lonely path, you can start running because of your own shadow. People are more afraid of fear than of anything else, because the very existence of fear shakes your foundations.

What is fear made of? Fear is made of ignorance of one's own self. There is only one fear – false ego – which you have created by not looking in, but by continuously looking out, is the root cause of fear.

False ego and fear created:

- A long life – fear of dying
- A life of perfection – fear of failure
- A life of acceptance and /or popularity – fear of rejection
- A life of attachments – fear of departure or loneliness
- A life of pride – fear of criticism
- A life wanting possessions – fear of losing what we have
- A life of covetous – fear of not getting what we want
- A life of external beauty – fear of aging

Nothing is ever born out of fear. It cannot create anything because it has **no substance**. But it can destroy your whole life, it can surround you like a dark cloud, it can exploit all your energies. Worse of all, it can rob you the deep experience of beauty, love, joy, and peace.

How do our fears develop? Basically, they grew out of experiences or situations in our childhood. They may have been modeled for us by our parents, and in some ways, we pattern our life after them. In many cases, our childhood interactions with significant people form our response to others and to ourselves.

In my work and interaction with countless individuals from all educational, racial, ethnic, and social backgrounds around the globe, I have seen that in most cases, fear is often a by-product of a superior intellect. The reason for this is simple: we have been trained to use our intellect to compare ourselves to others and to see where we come up short. Using our intellect in this erroneous way means that we find more of the little and big faults in ourselves, downplay our successes, and emphasize our failures and our lack of accomplishments.



Simple strategies for Overcoming Fear –

1. **Acknowledge the fear.** Whether it's imagined or real, the first step in overcoming fear is to admit that it exists. We all have fears; it's human nature. Denying or ignoring them doesn't make them go away.
2. **Analyze it.** Where does it come from? Is it real or imagined? Can it be put in a different context? For instance if you think it through to its logical conclusion, what's the worst that can happen to you? Once you've determined what that might be, ask yourself if you can deal with, or overcome it. More often than not, once you go through the process of analyzing it, the fear isn't as scary as you originally imagined. Remember, most fears are perceived fear – not real!
3. **Face it.** Allow yourself to feel it, and then do it anyway. Act in spite of your fear and treat it as a challenge for personal growth and an opportunity to become stronger. Do it afraid!
4. **Be persistent.** Do the thing you fear over and over again. By doing it repeatedly it loses its power over you and you become less vulnerable to it.
5. **Develop courage.** Sometimes the answer may not be to conquer a particular fear; it may be to develop courage. If you focus too much on any one fear instead of trying to build courage, you may in fact, intensify it. By developing courage, you build self-confidence and resilience. You also build a healthy approach towards facing all fear.

As Mark Twain said: "Courage is resistance to fear, mastery of fear, not absence of fear." Remember, you are able to overcome your fears; let not be overcome by your fears, in order for you to live a victorious life!

Don't Give Fear Its Strengths

All of us are afraid sometimes. That's normal. But some of us are fearful most of the time. That's not normal. We weren't designed to be driven by fear, yet some of us are! Thus, they are emotionally paralyzed and refuse to participate in many of life's experiences. They hide and insulate themselves, throwing away their opportunity to live life. There is a difference between being afraid and being immobilized by fear. We may be afraid at times, but we are not to live our lives in fear. Giving fear its strengths, it will always sap your strength, breaking concentration, and it can become destructive by feeding on you, and then moving into your social and physical environment. The fear of life is the fear of being hurt, being rejected, making mistakes, showing imperfections, and failing as a person – feeling immobilized and detaching from life. Like turtles, we will only progress in life when we stick our necks out.

Remind yourself that some of life's greatest breakthroughs happen precisely after the moments of deepest doubts, despair, or fear – you have to *walk* through the valley of the shadow of fear to get to the other side!

If you continue to view the world through a filter created by past events, then you are allowing your past to control and dictate both your present and your future. Maybe your faulty initial assumption goes something like, "Nobody likes me." If you treat that assumption as true, and fail to test it, you may never pick up on information to the contrary. And even if you think that someone is nice to you, guess what, your next thought would be "What's the motive?" Little wonder, why some people cannot enjoy their lives.

As you have read, you cannot change what you do not acknowledge. Once you acknowledge that the pain of a particular event has altered the way you view the world and the people in it, then you can choose to be no longer a *prisoner* of those perceptions. You must maintain an active, ongoing awareness of your filters. As in the words of Nelson Mandela, "*I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.*"



If you will acknowledge that you have been holding on to certain fixed beliefs that cause you to think and behave in a rigid fashion, you can reopen those subject matters for more active evaluation. In any event, you control your perceptions. Therefore, you control your interpretations of and attitudes about your life. That is power!

To summarize this article on fearless living, remind yourself that life is managed and learn to take charge of your life. You can help yourself as a life manager if your expectancy set about life is realistic rather than naïve. Understand that success is a moving target, and that in an ever-changing world, your life must be actively managed. To think about yourself as the manager of your life, in the same way that you might think of and evaluate the manager in your workplace. Thinking about the manager of your life as if he or she were another person can give you some needed objectivity in stepping back and assessing how you are doing. If you think about the state of your life as a function of how well your life manager is doing, you will have an objective yardstick for measuring your efficiency.

A key element of life management, and a life decision that you may have overlooked, is your own standard of acceptability. I have never encountered a person whose life did not have serious flaws, problems, and challenges. The real issue is how you will manage those problems, and the level of effort you will apply in managing them. It is important to be realistic about what you expect of yourself, and to be patient in building from one level to the next.

The life you are managing is your own. The emotional life, the social life, the spiritual life, the physical life that you are managing: all of it is your own. Manage it with purpose, and manage it with knowledge. You make the choices that create your emotional state. Remembering that you cannot change what you do not acknowledge, you have got to identify the major challenges in your life. Take the time to identify those things that could and should be the focus of your management efforts. Fear comes from not being in tune with yourself. If you free yourself, even a tiny bit, from the old barriers, patterns, false beliefs, and limits you have out on yourself, you will feel liberated and have more energy in all areas of your life. In my closing, one of my favorite saying regarding fear is "Your fear cannot make you feel inferior without your consent." There is no illusion greater than fear, thus, don't let your fear of what could happen make nothing happen. Live your life to your fullest!

Your Joy is My Inspiration! Your Success is My Reward!

Your Favorite Author & Speaker
Peter Ng