

## **CHAPTER 6**

### **GETTING RID OF FEAR ONCE AND FOR ALL**

Are you walking around daily feeling that you should be accomplishing something great? What is holding you back from living your dreams? Could it be fear of not knowing what to expect?

As we discussed limitations in the previous chapter these phrases can dramatically hinder your progress to reaching your goals in life. What is fear? We create fear from our imaginations, by visualizing the outcome and bringing it into existence.

Fear is associated with words such as paralyze, torment and agony. When you fear something you dread doing it, anxiety sets in and you will avoid or withdraw yourself. Being afraid cripples your progress, or causes you to be ineffectual in your assignment. Some people suffer mental torment to the point that it causes pain in their physical body.

Whatever has happened in the past you must let it go. I know that this is easily said than done, but you have to press through in order to receive your breakthrough. Fear has held you hostage long enough and this is your time to blossom into that person you were created to be.

## Leveraging Your Power

The key to success is letting go of the past, so you can step into your destiny. If not, all you are doing is dragging behind baggage that will weigh you down. Unnecessary baggage zaps your energy and causes you to live in a self-sabotage mode.

The opposite of fear is boldness and confidence. Look at it this way, sometimes a person has more faith in their fears, than faith to believe that things will work out for their good. Your old thinking pattern and the fear that you may be harboring will cripple your success.

When you realize that what you have on the inside is a great benefit to others you are right on the threshold to living your dream. You have to learn how to face your fears to the point where fear will lose its grip on your life. You will find that you will enjoy life more once you make a bold stance that you no longer will be trapped, by this thing called fear. This is a new day and time; cease creating fear from past experiences.

As a creative individual use your creative energy to form a scene concerning the outcome of a situation. Scientist states that we only use ten percent of our mind. We were created to be creators, so why not use the gifts which we possess enabling us to live a more fulfilled life.

## Motivation From Within

Daydreaming can be an asset to you if used in a positive manner. These creative sessions are a span of time where your energy is concentrated toward a certain scene. The scenes that you see with your mind's eye as taking place are real. Pay close attention to your thoughts.

Choose to make a decision that you will use your creative abilities to bring your dreams to pass. It may take some time, but it is worth the effort. **For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry. (Habakkuk 2:3)**

Make a firm decision that you will no longer be a prisoner to fear. Fear has not helped you in the past, so why drag it into your future. Whatever you are afraid of make a firm decision to face it head-on.

Your fear may be of speaking in front of a group of people. Instead, find an opportunity where you can express your opinions. It may be at a school assembly where you can share your expertise. Whatever fear you may have you can use that fear as a launching pad. Once you realize how to effectively leverage fear it will propel you further toward your destiny.

## Leveraging Your Power

Leveraging your power within can dramatically change your current situations where you begin to have what you say. There is much untapped power that resides on the inside of each and every individual. There is power inside you that is lying dormant, because you are not realizing who you are.

Do you realize that you are a creator? Where you are now is in direct correlation with what you have created for yourself, either consciously or unconsciously. You thought it, you spoke it, and you acted upon it. And now here you are.

Believe in you stop depending on others to fix your situation. You rise up and get busy. This is your life, so embrace your season.

Many times people blame each other, or outside interferences for where they are, but you do not have to accept where you are you have the power within to make things happen.

## Motivation From Within

Whatever you decree and declare it shall be established. The problem with most occurs when you do not really believe. Consciously you want things to happen, but subconsciously the declarations are getting voided, or negated.

There are laws that govern the universe, like the law of attraction, the law of obedience, the law of thinking, the law of increase, the law of forgiveness, the law of success, and the law of gravity among others that govern.

Whether or not you believe in gravity, just walk off the edge of a building and think you can fly and see where you will end up. You have to make a concentrated effort to elevate your mind and not dwell on idol or negative thoughts. Train your mind to quickly dismiss any thoughts that causes a subtraction or division in your life.

This is important...A slight shift in your thoughts and the feelings associated with those thoughts are enough to bring about a manifestation. Do you know what resides in your heart? Take time to listen to yourself speak to others and make note, so you can do some adjustments.

## Leveraging Your Power

All it takes is a willing mind. If you are sick and tired of the same old same old and your back is up against a wall there is only one way out; the ball is in your court...so, it is all up to you to make that change.

Let me ask you,

- 1.) What are your intentions this year?**
- 2.) What would you accomplish if you knew you could not fail?**
- 3.) What would you do if everything you needed was available to you?**