



Life Coaching Encouragement for Your Advancement

GET ON TOP OF THOSE FEARS.....

There are many negative attitudes such as hate, anger, greed, lust, self pity, inferiority, doubt etc which create heartache and unhappiness, but none so debilitating and destructive as fear. Fear can present the greatest obstacles to you obtaining success, happiness and fulfilment in your life. Many people are not willing to admit to fear - they try to repress it by pretending it doesn't exist.

Fear and worry are closely related and funnily enough when we look back on our fears of last year, we discover that today, those fears are non-existent ! Were the fears real or imagined last year? A University study shows that, of the things we fear :- 40% never happen, 30% are past, 12% are needless, 10% are pretty small, 8% are real but are divided into those you can solve and those you can't solve. Often fears are related to things we can't do anything about. Ralph Waldo Emerson said "Do the thing you fear and the death of fear is certain." So often, on applying this to our own fears, we find that the situation or thing we feared just does not exist. For "when fear knocked at the door faith answered - and no one was there." Many times it is that which we do not understand that is feared. There are many ways we can work with handling our fears and worries, but perhaps the greatest feeling we can have is that which comes with attaining victory over our fears. The feeling that comes with braving the seas is good, but a thousand fold more to know the fulfilment that comes from reaching inner achievement by winning over the old internal enemies of worry and fear as you advance above and beyond them.



BEGIN LIVING YOUR LIFE ...NOW

So often we 'run ourselves down' and this kind of 'running down' may be much more serious in the long run, than being 'run down' by a car. Too often, what we say about ourselves becomes a self fulfilling prophecy. Like a faithful servant taking orders from a king, there is a dimension within each of us that listens to everything we say about ourselves (*even in jest*) and for better or for worse, this genius brilliant idiot (*as it has been termed*) goes about shaping and forming the way we are and directing us towards what we experience in life - as a faithful unquestioning servant. Thus the effects from criticising ourselves are more severe than most realise and recovery can take longer than a few broken bones and scars take to heal. The good news is that when you become aware of what you are doing to yourself, you can begin your recovery immediately. Often we take more bashings from ourselves than we would ever dream of tolerating from anyone else - by running ourselves down, convincing ourselves we are 'no good', or 'stupid', or failures' etc. What do you honestly think of yourself. when you're alone ? What do you say to yourself in the privacy and quiet of your own thoughts, with no-one around to impress or outdo ? Do you run yourself down by dwelling on the mistakes you've made, and so perpetrate more ? What makes you so unique ? Who hasn't made mistakes ? That person who hasn't made any mistakes hasn't learned anything, either. Bless your mistakes ! Be grateful - even when they give you pain; think of them being the most valuable experiences you've ever had. Take only the lessons you learned from the mistakes and let the rest go. Have you been thoughtless ? You're not alone. And there is nothing stopping you from being thoughtful of others, from this moment on ! Have you been hurtful ? So what ! What counts is that you can begin being a friendly, loving person - starting right now ! You are as good, kind, thoughtful, loving and friendly as anyone who ever lived. Begin expressing from your unlimited storehouse, believing that it is only the judgements you place upon yourself that can hold you back or make crosses to carry that have any real affect. Leave the past behind - begin living your life from this moment - for this moment and remember always to say the things about yourself that you want the inner genius to bring forward as what you want to be.



I do hope that you will experiment to see if there is something here that you can use for your own advancement. When you have finished with me I want you to please pass me onto someone else anywhere on the planet....because we Seeds want to keep on circulating to promote and foster the advancement of people in every nation. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to www.goodwillpeople.net

