

## Living Without Fear

### Scenario:

Jody had been studying the Real Estate market for a while, and was talking to her mom. "I'm so excited, Mom! I've made an offer on a home that I can purchase for way under market value. I'm going to fix it up, sell it, and make a profit on it. Then I'll use my profits to purchase another home."

Jody's mom drew in her breath, "Jody, that's so dangerous. You can lose a lot of money that way."

### Discussion:

In the above scenario do you identify more with Jody, or with her mom? Are you excited about the many opportunities in life, or do you make fear-based decisions? Are you so concerned with keeping yourself and your assets "safe" that you miss available opportunities?

Many of us make fear-based decisions. We want to be "safe" at all costs. We are willing to expend any amount of energy necessary to achieve what we feel is safety. We will do almost anything to avoid loss.

Read the following list to see if any of these fears resonate within you.

### *Fear of:*

- the future
- not being liked
- not having enough money
- speaking up
- not being good enough
- looking "weird"
- being different
- looking like a fool
- not knowing
- not being perfect
- sickness
- loss of love
- change
- rejection
- being alone
- public speaking

Fear shuts down our intuitive senses. Often a clue that we are operating from a fear-based platform is a constricted throat, a tightened chest, or an uneasy stomach. Learn to notice these physical changes in your body. When you feel uneasiness in your body stop and ask yourself, "What's going on here? What am I afraid of? Why is my body responding this way?"

The first step towards moving past your fears is to notice them and acknowledge them. Realize that they're there. Acknowledge that you are operating in a fear-based mode.

Once you're aware of your fears, then you can make a choice about how you want to respond to them. One choice is to succumb to fear and play small. A better choice is to recognize what's happening - that you're operating in a fear-based mode - and then choose how you want to respond based upon what you want in life.

### **The Scenario Revisited**

As I talked with Jody about the conversation with her mom she said, "I'm so glad we had that conversation. I have several friends that have done very well investing in real estate so I know it's possible to be successful at it. Talking to my mom made me realize that very often my first response to any opportunity is fear-based, just like hers. In the past I have turned down opportunities as a knee jerk response. Now I am going to be aware of my tendency and watch to make sure I am open and respond accordingly to new opportunities."

### **It's Your Choice**

Every moment of every day we have choices about our actions. We can continue to choose the fear-based path, or we can consciously choose to follow the path of our dreams. I'll be looking for you in dream land!

*Kathy Mursch is a life coach and giver-of-hope who helps people around the world live their lives without fear. For more information check out her website at [www.TheHealingPathway.com](http://www.TheHealingPathway.com)*