



Face Your Fear

by Kelly Armatage

Bahrain Confidential partners with the author to bring you monthly advice on how you can get the best out of life. This month Kelly tackles FEAR and why it's the ONE and ONLY thing that prevents true contentment, pure love and the successful attainment of your goals.

Fear is a paralysing feeling that holds you back from true success in any area of your life.

Yet what is fear in its true sense? Fear is an anxious feeling that is created by a negative thought. What is a negative and fearful thought? A piece of energy created by our minds that has an unwanted outcome. It is also set in a state of time that has not even occurred yet. A fearful thought is our minds pre-determining an event and nurturing that thought over and over, until such a time, that it may even manifest.

A fearful thought could be: 'I will be rejected'. It is attached to something that has not begun and yet the ending has already been 'chosen'. If fear is a part of our daily lives (which means most of our daily thoughts are negative), then the life we are living will be restricted in so many ways.

How does it feel when we think a fearful thought? Well the emotion that is

created is generally one of anxiety or dread or panic and we all know how that feels - far from enjoyable! Yet rather than change the existing, negative thought, many will continue to think and think and think in this pattern for long periods of time.

General fearful thoughts could be:

- I am unlovable/un-important/not good enough
- I am a failure
- The world is against me
- That person is more successful/more attractive/more interesting than me

All of these thoughts are created by a perception of others or ourselves that is incorrect. It may be the truth of our minds, (because we believe it), but is it the truth, the whole truth and nothing but the truth? There may even be past events that support these fearful 'truths'. Yet that is so because the initial, fearful thoughts and negative actions would have manipulated the outcomes.

If for example, we select the fearful thought above 'the world is against me' and choose to attach that to our minds,

immediately, the pessimistic vibes that are emitted from our mind and body sends off the signal to the universe for things to be set in motion 'to go against you', because this is what you are in harmony with.

As you go about your day with this thought, sit back and watch your affairs crumble around you, as that is the effect you are setting in motion. You will not get a car parking space, you will take the route that has the most traffic, your designer coffee, that you so much enjoy, will be served lukewarm. Most things will indeed not be the way you want, as this is the preliminary, fearful perception your mind has created.

Yet as soon as you swop that thought for the alternative; 'the world provides for me', watch as events click together to source the outcome you are in harmony with. That is what you will 'look' for and 'see' in every situation, as this is your perception; your positive thought that is full of faith for great things to occur. It is strong in anticipating only the good, without a shred of anything else less than that.

Many people have fearful thoughts because of negative events that have occurred in the past. However, if you were previously someone who thought fearfully about your life, that does not mean you cannot create thoughts that are empowering, strong and full of positivity for preferred outcomes going forward - outcomes of your dreams! Those that live amazing lives, do so because they have limitless thoughts. Fear is not a part of their vocabulary, fearful thoughts are pushed away as soon as they come in, fear is something they are never in harmony with. They (as a successful person) know only too well how destructive, limiting and painful that thinking in a fearful fashion can be.

If thoughts of fearless faith were harnessed by you, throughout your day, you would feel serenely strong about the life you are creating. Our lives are created by our thoughts. Every thought signals a feeling, then maybe an action and hence a result. By making changes to your fearful thoughts, you can make amazing changes to your life.

What thoughts encompassed in fear will you face today? ■



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