

THE EASY WAY TO OVERCOME **FEAR**



Mike Pettigrew



The Easy Way to Overcome Fear

Change Your Thoughts and Emotions – Transform Your Life

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Transformation and Empowerment: www.mikepettigrew.com

The Nature of Fear

Fear can serve an important purpose, but may not exactly be very pleasant. The acronym for fear is Friendly Energy Announcing Risk. Fear is neither good nor bad, but it can work both positively and negatively in our lives.

For example if we are climbing a very high ladder fear may prevent us from going too high or being extra careful. The true nature of fear is to act as a warning signal and to protect ourselves. Fear can become paralyzing and it can prevent us from doing all sorts of things and it can even prevent us from transforming situations.

Fear Prevents Us from Seeing Clearly

A couple of days ago I got a call from someone who was going through terrible fear. They were absolutely petrified that a certain thing was going to happen and although the situation was very real; because he was so fearful and worrying constantly about what might happen rather than looking for solutions, the fear took complete control over him and he was unable to see any solutions.

We discussed on the phone various different possibilities and it turned out that during the course of our conversation that his fears were actually groundless. He was petrified because he had simply misread certain things.

This is the awful thing about fear; fear prevents us from seeing clearly, fear actually closes down our ability to see clearly, to figure things out.

The Root Cause of Most Problems

Fear is actually at the core of most of the world's problems. If you boil it down most wars are started through fear. You may say that

this is not the case and that war is created through greed. But you know what? Greed comes from a fear of lack.

Fear is the underlying problem of so many situations we have in the world. In our own lives fear can even destroy us. Fear can shrink our lives until they are incredibly small and our mental capacity starts to close down.

What Happened to Me

I experienced this myself several years ago; I was not able to feed my wife or our new born son. When it comes down to basic survival and you cannot look after your loved ones and you cannot even feed your loved ones; that's incredibly frightening.

Every single morning I woke up and just run to the toilet. I wanted to vomit, it was that bad. But we can also use fear to propel us out of certain situations, to look for new solutions and transform our situations or it can destroy us.

For quite some time fear had been the dominant force in my life and it was an incredible painful time, but I learnt a lot of things about how the mind and emotions affect what happens to us.

My own experience with fear was that every morning on waking up I would just feel like vomiting. It was an awful feeling. We had lost everything.

In fact my father was just incredible. He lent us money to keep the roof over our heads and to keep us fed. It was that bad!

Every morning, through sheer effort and meditation I was able to break through this fear so that I could at least function normally, but then terrible things would happen during the day.

All of this happened because I was trusting the wrong people and I made the wrong business investment and I went into the wrong type of business. We went from being millionaires to losing everything in a very short period of time.

One thing about fear that I noticed was that it shut down all my abilities to think clearly and find solutions. When you are full of fear you are not solution focused you are problem focused.

Fear Can Make Everything Worse

If you are focusing on the problem all the time, then it actually gets worst. What we think and what we feel manifest in our environment.

We actually create the circumstances of our lives through our dominant thoughts and emotions.

If you are manufacturing and feeling lots and lot and lots of fear and worrying about a problem constantly, then because our minds and emotions affect the environment and because what we are doing is transmitting out into our environment, the universe the very things we do not want to happen, they actually get worse!

This is what happened to me.

Positive Thinking and Negative Thinking

For many years I had been a positive thinker and this served me very well. I achieved a lot of incredible things as a result.

I had built up my self-esteem and self-confidence over many years. But then experiencing this terrible fear; I had to experience the power of negative thinking.

I learned this very clearly; that our minds do create - so we have to be very careful what we are dwelling on daily.

I am not saying for one moment that we should constantly analyze our thoughts, but what I am saying is that if we have dominant repetitive thoughts particularly if emotion is behind those thoughts, then we need to be very careful.

The Amazing Power of Gratitude

As a great man once said (he was talking about gratitude and resentment - appreciation and resentment).

He said that:

“Our mind of appreciation and our mind of resentment - the difference maybe subtle at first, but over a course of a lifetime, over years, whatever thoughts and emotions we allow to dominate – then the results in our lives and how our lives turn out and what we achieve in life will be vastly different”.

When we have an appreciative attitude, an attitude of gratitude or if we have the nature to be constantly complaining and moaning about things, even if it is only internally, then how our lives progress - the difference is huge.

Complaints are like particles of dust that build up to form great mountains. What we are dwelling on over time - we need to be careful because we can create a mountain of gratitude or a mountain of resentment.

We can see this in the lives of elderly people who have lived a tough and hard life. They can usually end up one of two ways. Either full of understanding, kindness and compassion and gratitude, or they can end up bitter, resentful and warped. It is a truth to say that our tendencies become more ingrained as we get older, and this is a fact.

When we have a repetitive thought cycle and we think that same thought repeatedly, through cause and effect we are actually ingraining that pattern even more deeply, so we will think the same thoughts again rather than break that pattern.

We need to be quite careful if we are allowing fear to dominate our lives because we can bring into our lives the very experiences that we do not want.

If we are going to obsess on anything it should be solutions and strategies. Looking for the solutions and directions that we want for

the outcome we wish to see rather than worrying constantly what might happen.

My Crazy Gratitude Experiment

I found a technique that is incredibly useful for breaking through fear. And once again this is gratitude.

Even bringing up an artificial feeling of gratitude, will immediately shift our emotional state. And that's all we need - to shift our emotional state if we are steeped in fear.

A great man, a famous author once taught me that if you ever wish to return to any state of conscious you have experienced in the past, all you have to do is remember what it feels like.

We have all had times in our lives when we felt gratitude, when something wonderfully happened to us. And if we simply remember such an event then we can start feeling gratitude.

It may take a few minutes to start taking effect if we are feeling great fear or if we are stuck in an emotion and get out of it, but we CAN get out of it.

By artificially bringing up gratitude through remembering an event in the past where we felt it sincerely, things start to melt. We simply cannot stay fearful when we bring up gratitude.

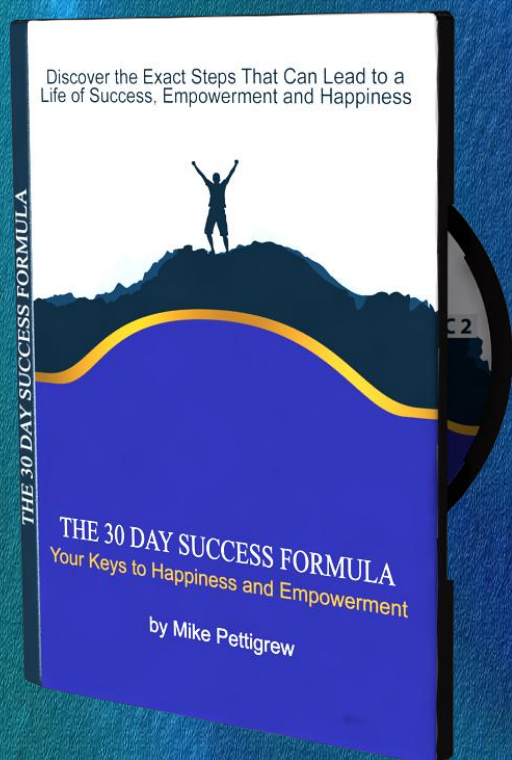
We really cannot stay fearful if we are bringing up gratitude intentionally.

After a while when we become proficient at this, we can do it naturally and do it at will, no matter what is happening around us. I have tested this and it absolutely works!

I do hope that this short eBook about fear has helped you.

Mike Pettigrew www.mikepettigrew.com

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