



## Breaking the Habit of Fearful Living

### **What happens to our body when we live in fear?**

Among other challenges, fear grips the body and actually causes us to become less intelligent. Therefore, we make less intelligent decisions. Obviously, this is counterproductive to a wonderful life. How can we break the habit of fear? There are many simple things one can do to start taking control of the fears that run our lives. Doing simple things sounds easy, will you follow thru? Who will stay in the driver's seat of your life, You or Fear?

### **Why is fear so disempowering?**

Fear disempowers us because we let it. Fear is not real but we think it is. We give our personal power over to our fears. Fear is actually supposed to be a good thing. It's a big motivator. Fear is part of our survival hardwiring. It is meant as a short term stimulator to create immediate change. Fear throws us into the physiological Stress Response, which most of us have heard of. This is a biological state where amazing and immediate physiological changes take place.

The problem is we are supposed to experience fear and the Stress Response for only short amounts of time. Not live with them over prolonged periods of time, which has become so much the norm for living life. Living in a state of fear is causing enormous health challenges in the world. Most people don't even realize they are living a fearful life because they have normalized themselves to this state of being.

### **What do you mean people have normalized to living a fearful life?**

We become normalized or accustomed to certain patterns. When we live or behave in a specific way for a long enough period of time we create our new norm. Our thoughts seem to be focused on certain topics, our behaviors seem to be very similar, our conversations revolve around the same kinds of issues, we develop eating patterns that cause us to consume the same kinds of foods. We become used to a certain pattern, "our new norm".

Fear and the stress response are no different. We become accustomed to reading the fear laden headlines and articles in the newspaper, we listen to the fear laden news reports driving to work, we have the news pop ups on the computer, late breaking news on TVs at the office create

more anxiety and fear, we discuss all the tragic things happening all around the world with our co-workers, spouse, children.

We have challenges at work with our boss or team members and we are fearful about keeping our job, or getting the next promotion, we are fearful some other person will out-perform us so we keep the pressure on ourselves.

We tell our children they have to be the best, they have to get the best grades, they have to be involved in sports, they have to do all sorts of things... Why? WE are fearful. If we don't fill our kids with stress and fear then someone else will get the scholarship, or be the cool person, etc. We create a fearful state for our children when they aren't even really fearful. They get it from the adults in their lives who are fearful. Thus a perpetuating societal norm is realized.

We watch more TV at night just before going to bed to make sure the fear is stirred up before falling asleep and we wonder why we can't get a good night's rest or feel good during the day. We have become normalized to the fear and the physiological responses our body has. There is very little time we aren't experiencing fear. We live in a ridiculous self-imposed state of fear that isn't real at all, but we perceive it to be real, then we believe it to be real... therefore it is real!

### **What are some changes that happen to our body when we live in a fearful state of being?**

The simplest change we easily notice is that we get an adrenaline rush and we feel like we could run a fast sprint. This is only one of the numerous chemical mobilization changes that take place in our body. Energy is shifted away from the internal organs and blood flow is directed to the limbs so we can fight or run.

Another amazing fact is that as the brain shifts what is going on in the body, it also shifts how it processes information within the brain. Blood flow is diminished in the prefrontal cortex of the brain where all smart decision making happens, and blood flow is shifted to the rear of the brain where more of the instinctual processing takes place. As a result, we lose some of the ability to make wise decisions. We actually become dumber!! Not good!

Have you ever had a fight with someone and in the heat of the argument you just couldn't find the words you wanted to say, all those comments you really wanted to share with them? They can't be accessed because of this brain change. After the conflict has passed and you are calmer you can easily remember all those choice comments you wanted to say, but couldn't. This is one example of what happens in the brain when the stress response kicks into gear. NOW, imagine living most of your life in a stressed state... Is it any wonder why we make some of the poor decisions we do? We have to get relaxed and make this our normal state of being to have a healthier and wiser life.

After prolonged periods of stress our internal organs are deprived of vital nutrients. Remember, the stress response shifts blood flow AWAY from the organs to the muscles. So important nutrients the organs need to be healthy isn't available to them. This sets us up for all

kinds of disease. Our organs are deprived, we call it disease, but it may be they simply need nourishment and aren't really diseased. Our immune function also takes a beating during prolonged periods of stress. We just weren't designed to live our lives on the edge like we do.

### **Can these physical changes be altered or are they permanent?**

Many of the physical changes we experience from fear and stressed living can be reversed. Once we get a handle on our fear and stress we can experience all kinds of amazing healing. We are naturally designed to be healthy! We are NOT naturally designed to be sick. We have created our challenges and made ourselves sick. Therefore, we can re-create a different reality. We have designed one reality, why not design a healthier reality? We have to remove fear from our lives so our body can heal and return to a healthy state of being.

### **Can the brain create changes to help us stop living in fear?**

The brain is an amazing part of our physical structure. It is responsible for so many different functions occurring in the body and in our larger energy system outside of our body as well. We have created energy pathways in our brain which have become accustomed to running certain patterns.

Imagine ruts across a field of grass. A car or wagon creates a pathway as it drives across this field. One time across the field and nothing is really changed for the worst. Keep driving across the same path numerous times and the grass dies, soon we can see the dirt. Keep driving across the path longer and the ruts grow deep into the ground. Our neural pathways are similar in some ways to this analogy, except we don't actually create ruts in our brain. Neuron connections in the brain are created by a one-time occurrence. They can easily reorient to new tasks if they are not used again for some time. However, if you keep participating in specific thoughts and actions you keep running energy across the neural connections which create and maintain undesirable patterns.

A significant enough change must be experienced for new and different neural connections and different patterns to be created. Then you want to keep running energy through this new network of connections to maintain the change. This is where PSYCH-K comes in, the change process I use and teach to help people make lasting change in their brains and in their lives.

PSYCH-K provides an amazing set of processes to create new neural pathways in the brain naturally and without any kind of external equipment. You are the equipment! To make change we have to interrupt the old patterns, start new desired patterns and run energy through these new patterns so they become the norm!! Back to the "norm" idea again!!

### **How do we get out of fear based living?**

Stop putting yourself in fearful situations and indulging in fear so you can create a different kind of life! Fear is an indulgence none of us can really afford. Once you are really ready to make a change get involved in doing things that will help you make permanent changes.

### **What are some easy things we can do to stop living a fear based life?**

Following are 13 things you can do to help you break the habit of fearful living!

1. Become aware of ourselves and what we are doing. Introspection is one of our greatest assets, many of us are so numbed to our circumstances we have lost the interest in looking at what we are doing and who we are doing it with.
2. After we become aware of what we are doing, we have to make some decisions to do things differently. This means we must interrupt the old patterns. If we start with something as silly as actually getting up on the other side of the bed, this interrupts our morning pattern. The more pattern interruptions we create in our day the better. This forces us out of our unaware state and makes us more cognizant of what we are doing in each moment. We become more “present and aware.” As soon as I realize I am doing something the same way I have been doing it, I make a change immediately. This keeps me from becoming lulled into patterns of complacency.
3. Make a list of things you are accustomed to doing in repetitive ways and decide which ones you will change right away. Implement those changes quickly.
4. Engage others in helping you create change regarding these items, it will help them become aware of their old patterns too, so you are providing benefit to others while you are making change for yourself. Ask friends to point out when you are engaging in repetitive patterns.
5. Make a habit of being goofy and doing spontaneous and unusual things, it’s fun and healthy.
6. Take a mini vacation for a long weekend at least 4+ times a year. This creates longer pattern interruptions. Be sure to go to places you have never been, order foods you have never eaten, do activities you have never done, drive on roads you have never taken. These getaways don’t have to be expensive, just different than what you have done in the past.
7. Get rid of the TV, radio, newspapers and fear based magazines. Stop participating in the mass media fear machine. It only takes a moment to get sucked in. It’s so easy to unplug the machines, put them in the trash and dispose of them. I haven’t had a TV since 2009. I don’t miss it at all. I live a peace filled life because I refuse to participate in the fear based, mind controlling, society degrading system that programs us to be mindless.

8. Go to movies and watch programming like Gaiam TV that have socially redeeming content and make you think differently. Read a review before plopping in front of a screen. Be consciously aware of what you are feeding your brain and its neural connections.
9. Stay out of the doctor's office unless you have a crises. Most of us run to the doctor at the earliest symptoms. Sit and have a conversation with yourself about what your symptom is all about. Sometimes just figuring out what is stifling you and running you ragged will be enough to help you start healing. In PSYCH-K we can help you determine if there are spiritual messages you are ignoring which may also be present. Once you have the messages the messenger can go away.
10. Start researching Alternative or Complementary Doctors who are using new and different, non-invasive, non-drug oriented approaches for helping people heal. The best time to do this is when you are healthy, not when you are sick!!
11. Get involved with healing modalities that make a positive difference and educate yourself in how to skillfully use them.
12. Take responsibility for your own life! We can only be fearful when we give away our power to others. When we know who we are and what we can do for ourselves we are no longer part of the problem. We become part of the solution.
13. Work with a PSYCH-K Facilitator or get to a PSYCH-K Basic Workshop and start taking control of your life. Learn how to reprogram the limiting beliefs you live by. Our beliefs are the foundation of our lives and what we manifest everything from. If you don't like how your life is, discover the beliefs causing the manifestations you produce. Everything starts with beliefs. They can help you or block you. Beliefs are easy to change when you know how to reprogram your subconscious mind. Invest one weekend of your time to help you change destructive, limiting beliefs for the rest of your life. It's a great investment in your future!

### **How important is the follow thru with these changes?**

How important is your life? Follow thru with change is critical if you want to get out of fear based thinking and living. We are a result of what we expose and condition ourselves to. Who is in control of your life? Is it really YOU or is it the "you" conditioned by fear and mass programming?

Follow thru in making changes is essential to your health and your longevity, as well as the health and longevity of those you love. When you make a change, everyone has to change. Others cannot be the same around you when you are thinking and acting differently.



To learn more about PSYCH-K and how it can assist you visit:  
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