

Overcoming F-f-fear

*How to transform your fears into
your most supportive allies*

By Kathy Wilson, CPC



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Inevitably there will come a point in your life where you'll find yourself stuck, slowed down, or even completely stopped from moving forward with your plans. There are lots of impediments that can stop you from moving toward your goals. Resistance, sabotage (yours and other people's), and energy leaks are just a few items on the extensive list of obstacles that can stop your progress dead in its tracks. During your life journey you'll no doubt find several more that can be added to the list.

All of these progress blockers have one thing in common. They're all different faces of the same thing — FEAR.

Fear is tricky, slippery, and a master of disguises. It can be exceedingly difficult to identify what you're feeling as fear. It can appear as one of its more obvious symptoms, such as sweaty palms, heart palpitations, and legs of Jell-O. It can also appear in one of its trickier disguises, such as a sudden desire to organize your desk instead of making phone calls to create new business.

In this ebook you'll...

- have an opportunity to work on identifying how fear shows its many faces to you so that when it does materialize, you'll be able to easily identify it. It's much easier to deal with a challenge when you can see what it is.
- learn how fear affects you mentally and physically.
- explore the many faces of fear and learn how many of its disguises appear in your life.
- explore your fears, learn how to tame them, and turn them into allies.

By the end of this ebook, you'll have a comfortable working knowledge of your fears and how to use them to your best advantage.

A Brief History of Fear

In the past, fear has proven to be very important, on a personal level as well as collectively as a species. It's *still* very important or it wouldn't be around today. In the beginning of human evolution fear was needed for survival. When our Neanderthal ancestors felt fear, they knew instantly that it was time to either run for their lives or fight whatever was facing them.

Today it serves that same purpose of insuring your survival, although it now appears in more subtle forms than monster-size dinosaurs. In fact, the object of

fear in current times is most often invisible. Some of the currently more popular fears are failure, rejection, or abandonment.

Not being able to see the object of your fear makes fighting it much more difficult than the simple chore our ancestors had. They simply bopped the object of their fear—a dinosaur—over the head with their club.

This is Your Brain on Fear



There is a part of your brain that exists solely for your physical survival. It's called the "reptilian" brain because it's been with us for about 100,000,000 years, since the era of the big reptiles — the dinosaurs. This is the first and only part of the human brain our species had for millions of years.

The main purpose of this original part of the brain was to protect the physical body from harm, thus continuing the survival of the human species. To this day, it serves the same purpose.

As humans evolved, other parts of the brain were formed, such as the limbic system which deals with emotions, and the cerebral portion which is the logical thinking and reasoning part.

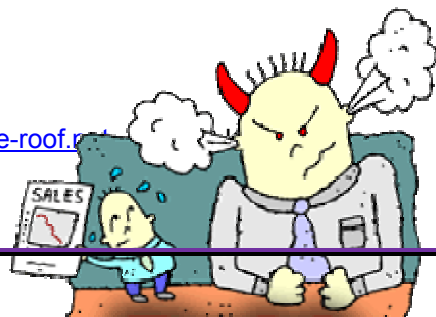
The reptilian part of your brain is located at the stem of the brain, securely cushioned and protected from injury by the rest of the brain. In the event of a major injury to your brain, all the other parts of it may stop functioning, but because this part is so well protected it will probably still be ticking. This is a very clever bit of evolution; you can live without logic and reason, you can live without emotions, but you can't live without your physical body.

The reptilian brain is command control for your survival instinct—the “fight or flight” response. During a state of fear, your physiology changes, and your blood is re-routed to that which you need for survival – muscles, heart, lungs, adrenal glands... and your reptilian brain. **All conscious brain activity goes to your reptilian brain while the activity in the remainder of your brain, the thinking and feeling parts, shuts down.**

When you're in the emotional state of fear, and the reptilian portion of your brain is in control, you have *only* two choices — either fighting the fearsome thing or running from it. Everything you do will be in some form of one of those choices.

If you're thinking, "Hoo hah! We're waaay too advanced for that fight or flight stuff," just remember the last time you were in a very disagreeable situation.

Perhaps you had a run-in with your boss.



Did you want to have a nice cozy, chat with him and work with him to create a viable solution to your common problem? Not likely. Probably you wanted either to get away and escape his nastiness or tell him off. These are flight and fight reactions.

When you're experiencing fear you have no capability for creative or even rational thought. It's all fight or flight, good or bad, me or you, right or wrong. When you're in this state you simply don't have the physiological ability to think of creative, alternative solutions for a win-win solution. Your mental capacity is limited to only two choices — fight or flight.

How This Stops You

As you're hopping and skipping along in your life, you'll come up against many challenges that will induce fear within you, which you'll experience to varying degrees. When this happens, your focus will *instantly* revert to survival as the reptilian brain moves into action, enabling you to see only two solutions — fighting the fearsome object or running away from it.

You'll not be in the mental state for creative solutions or focusing on forward progress, and certainly not for achieving success.

Success? Win-win solutions? How could you *possibly* think of them when you're so busy focusing on fighting your fear or running from it?

Don't fret. There are solutions.

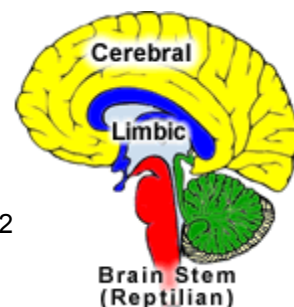
A Choiceful State of Being

Julia Cameron in her world-famous book *The Artist's Way* writes about, and for, blocked creatives. That describes not just the writers and artists for whom she initially intended her book, but all of us at one time or another. As you're moving along in your days, you're creating your life... and creativity doesn't get much bigger than that.

Being blocked is a fearful state of being.

What keeps you blocked and unable to find creative solutions to your challenges is being in a fearful state. It's like a catch 22; you can't find solutions to your problems because your problems keep you in a state of fear where you can't find solutions to your problems.

When you're in this state, you're bouncing back and forth between the only two options available to you when your conscious awareness is in your reptilian brain — the two very limiting choices of either flight or fight.



Luckily, our brains evolved and you now have additional portions of your brain which you can utilize. The cerebral cortex is one of these "new" areas. It's where you think logically and with reason, visualize, and dream. This part of your brain has the capacity to find new opportunities as you "see" the array of choices and solutions available to you.

Using your cerebral brain puts you in a choiceful state of being.

When you move your awareness out of the reptilian part of your brain and into the cerebral cortex you begin to find choices that are *far* better than the limitation of only fight or flight. You begin to see choices that lead to creative solutions, such as collaboration, win/win solutions, harmonious relationships, and most importantly, peace.

Sounds great, doesn't it? But when your consciousness is in the limitation of the fear-based reptilian brain, how do you move it into the creative cerebral cortex? It's quite simple, actually.

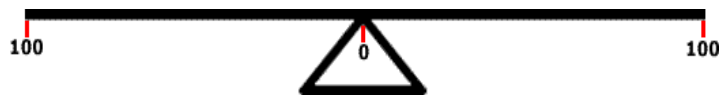
Visualization

When you visualize, you instantly move your awareness out of the reptilian brain and into the cerebral cortex, activating the creative portion of your brain. *Now* you can begin to see more choices about your situation — choices that are more beneficial for you and for all concerned.

Any form of visualization will work. Here are a few suggestions:

- Imagine a scale and rate the intensity of your fear on this scale.

As you move your consciousness out of your reptilian brain by visualizing the scale, what choices do you now see that will move your fear down a few notches?



- Close your eyes and envision the situation as if it's happening on a stage and you're the director of this play. As you're watching the players, how might you make changes to the plot for an equitable outcome?
- Draw a diagram or mind map of the situation. As you begin to see alternatives and choices, include them in your diagram or map.
- Use a visual tool, such as a Tarot card. Select a card at random from the deck and describe what's happening in the picture. What choices do the people on the card have in regard to their situation? How does this relate to your situation?



Living in a choiceful state of being gives you the ability to have a creative array of options available to you at all times, keeping you moving toward living your life purpose.

Working With Fear

Fear isn't always something you want to ignore, remove, or change into something more agreeable. Often, fear can be a most valuable ally. During this part of your journey, you'll be doing some exercises designed to assist you not only in identifying your fear, but working with it. Yes, that's correct, working *with* your fear.

We were provided with fear as one of the most valuable tools in our Human Survival Toolkit. Although fear initially served the purpose of keeping us alive (the reptilian brain's mode of survival), it has evolved and now serves some very important functions, as you'll soon discover.

Putting a Face on Your Fears

The first step in working with fear is to identify it. Since most fears today are based on invisible foes, such as rejection or failure, it can be very tricky to spot how it shows up in your life. Fear has the talent of shape-shifting into an endless variety of forms, such as:

- Procrastination
- Perfectionism
- Laziness
- Self-doubt
- Making other things more important (such as sharpening all the pencils)
- Allowing others to sabotage your work
- Sabotaging your own work
- Easily being distracted from your path
- A sudden urge to watch TV or eat chocolate
- Anger
- Resentment

As you can see, fear doesn't always give you sweaty palms, make you shivery, or weaken your knees. Fear is *anything* that stops you from moving toward your goal of fully living your life, no matter how trivial that thing may seem. It's vitally important for you to recognize how fear shows up in your life so that you can deal with it and stop *it* from stopping *you*. Unidentified, fear has free rein and can run rampant over your life.

How does fear show its face to you? List as many faces as you can think of. When you're done, use this list as a reference and keep it handy, adding to it as you discover more ways that fear shows up in your life.

The Faces of My Fear

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The Faces of Other People's Fears

Now why, you might ask, would you give a whit about other people's fears? The answer is simple: their fears can easily become yours.

As you begin moving forward on your path of living your life purpose, everyone you know will be more than happy to share their fear about the choices you're making. Their intent may not be to burden you with their fear, but to protect you from having any similar bad experiences like the ones they had when they tried

to do something challenging. Nevertheless, there is a very real possibility that you will consciously or unconsciously adopt their fears.

Once you acquire fears from other people, they live within you, ever at the ready to let you know how stupid, inconsiderate, incompetent, selfish, or mean you are to even be *thinking* about doing whatever you have planned.

There's one quick and easy way to recognize these adopted fears: their voice is the second one you hear when you think about doing what you love. The first one is your true self, your higher self.



This voice has been called many things, such as the Gremlin, the Inner Critic, the English Teacher, Mr. Black Hat, and Yeahbut. Whatever you call it, know this: **this voice is not your voice and this fear is not your fear.**

There are some very creative methods for silencing this voice, one of which is the exercise that follows.

Talking With Fear

In the previous exercise you identified some of the faces of your fear, bringing them from the dark unknown into the bright light of reality. Using that information you can now work with fear and use it to your advantage.

Fear serves a more subtle, yet no less important, duty in your life today beyond just keeping you alive. Fear alerts you to a wide variety of potential dangers beyond the physical, such as fear of humiliation, failure, not being loved, rejection, and abandonment.

However, fear will often put you on alert to protect you from something that no longer exists, never did exist, or is no longer valid in your life.

How will you know whether the fear you're experiencing is valid or not? Simple. Just ask. Have a conversation with your fear. You may be surprised at the volume of information that wants to come forth.

Conversation With Fear Exercise

You'll be writing your questions and answers in longhand. Printing is mostly composed of short, abrupt lines while longhand is mostly connected circles and loops. When you print, you lift the pen from the paper, often several times, during the creation of a single letter. This breaks the energy flow of the body/mind connection.

Writing in longhand, or cursive, allows the information to flow more easily, as your pen gently flows across the paper, only lifting from it or stopping when you reach the end of a word. When you're using longhand to write, the body/mind connection is much smoother than when you're printing, allowing for a smoother energy flow between your creative mind and your writing hand.

When you're ready to start, take a few moments to center yourself and focus on this exercise.

Select one of the faces of fear that you identified in the previous exercise. Then, begin by asking it the first question below. Don't be overly concerned about the appearance of your handwriting. As long as you can read it enough to get the general gist of the information, the quality of your handwriting is sufficient.

When you're complete with the answer from the first question, continue on through each of the questions.

Who are you?

What are you protecting me from?

How can you help me achieve my goals now?

What is the learning you give me?

When you feel complete with the writing of answers from your fear, re-read what you've written. This is a good time to fix any illegible words.

Use this exercise whenever a new face of fear shows up in your life. Focus on what the fear thinks it's protecting you from and how it can help you to move forward as you create a higher quality life.

The Bottom of Your Fear

There will be occasions when having a nice little chat with your fear won't be enough. Sometimes you'll need to face your fear and charge smack dab into it. It's during these times when you absolutely *must* dive down to the bottom of your fear before you can begin to work with it.

This exercise will assist you to continue past the shallow surface of your fear, going deeper and deeper until you've hit the bottom and can't go any further. Although this may seem challenging, you may be happily amazed at the results.

My own experience with a mentor coach serves as an example of how effective this exercise is. During the call, I was working on being unafraid to ask bold questions of my clients. My mentor coach opened the conversation by asking me what would happen to me if I asked a bold question.

"They'd get mad at me." I answered.

"And then what would happen?" she retorted.

"They wouldn't like me."

"And then what?"

"They'd go away."

"And then what would happen?"

"I'd be lonely because no one would want to be around me because they don't like me asking them those kinds of questions."

"And then what would happen?"

"I'd be so lonely I wouldn't want to live anymore. I'd die from lack of love."

"And then what?"

"I'm dead!"

"Yeah. Then what?"

"Well, I guess I'd go to Heaven and be in the presence of God."

"OK, let me get this straight," she said. "If you ask bold questions of your clients the worst thing that can happen to you is that you'll get to go to Heaven and hang out with God?"

Silence. Then laughter.

Yes, that got rid of my fear and I now ask bold questions of my clients — without hesitation.

The Fear Continuum Exercise

Now it's your turn. You may want to have a friend or your life coach assist you with this exercise. Select an occasion during which you were stopped from moving forward because of fear. For this exercise, the bigger the fear the better.

Describe your action and what stopped you:

Now, imagine what will happen to you if you continue on despite your fear. As you're working through this exercise, **it's very important that you keep going until you've absolutely hit bottom.** Continue until you can't go any further and you're at the very last thing that will happen to you. You may even have to go beyond dying, as I did during my mentored call.

What will happen to you if you don't let your fear stop you?

And after that, what will happen to you?

And then what?

What will happen to you after that?

And then what will happen to you?

Keep going until you absolutely can't go any further. Then, when you think you've truly found bottom, ask yourself one more time...

And then what?

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Now summarize by completing this sentence:

The very worst thing that will happen to me if I...

Is...

Repeat this exercise anytime you find yourself going around and around the same old circle with the same old fear. Discovering the worst thing that can happen to you if you ignore your fear is the best thing you can do.

Fears grow in the dark. Bring your fears to the light so you can examine them closely and diminish their power.

Balancing Fear

You have within you a self-regulating scale that keeps a perfect balance between the amounts of desirable and undesirable emotions which you'll allow yourself to feel.

If you could weigh the emotions you feel, then you might say that you allow yourself to feel ten pounds of fear. This also means that your self-balancing scale will allow you to feel ten pounds of whatever you think is the opposite of fear — love, joy, happiness, courage, etc. Ten pounds exactly of fear. Ten pounds exactly of love. No more. No less.

People who are “more emotional” don't have more emotions. They're just more willing to feel greater amounts of emotion at both ends of the scale.

Although people who allow themselves to feel only small amounts of emotion are said to be emotionally balanced, it is a misconception. **Everyone is emotionally balanced.** Some just have larger balancing scales than others.

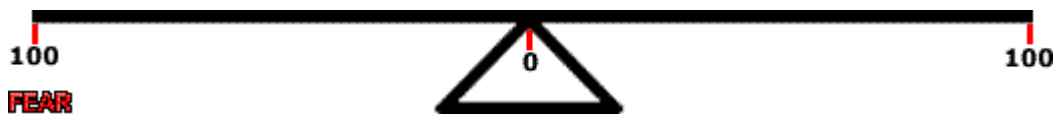
Artists and other creatives, who are often stereotyped in our society as being emotionally out of balance are just as balanced emotionally as those who allow themselves a very miniscule amount of emotional feeling. They simply allow themselves to experience more tonnage of emotions on both sides of the neutral balance point. They feel more pain and more joy, more anger and more compassion, more love and more hurt... all in perfect balance to each other.

Living your life to the fullest means that you'll be experiencing new levels of emotion, both highs and lows. As you expand your life you'll find yourself becoming more impassioned, which means that you'll be feeling more joy, happiness, and excitement.

It also means that you'll be experiencing more on the opposite end of the scale, such as more doubt, anger, and fear.

The Emotional Scale

On the left side of the zero on the line below, insert a marker to represent approximately the amount of fear you now allow yourself to experience when you're doing something new in your life.



What's at the opposite end of your scale from fear? Joy? Happiness? Courage? Write it under the scale on the right side.

Insert a marker on that end of the scale, rating the opposite emotion of your fear at approximately the same distance from the 0 point, or neutral, as you rated your fear.

How would you like to move that indicator outward on your scale and feel more joy, happiness, or satisfaction? Remember, this means that you'll also be moving the indicator for fear outward as well. If you're up to the challenge, then read on.

Comfort Zones and Sabotage

Whenever you're taken beyond your emotional comfort zone (the space between your markers on the emotional scale) you'll do whatever it takes, use whatever remedies you have available, to bring yourself back into the measure of emotion that's comfortable to you.

This action of moving back into the emotional comfort zone is called "self medication" and it can take many forms: alcohol, drugs, coffee, sugar, work, sex, TV, etc.

The most common belief held about self-medication is that it's used to avoid or reduce undesirable feelings, such as pain, fear, and anger. However, **self-medication is also used to avoid feeling too good.**

When you're taken out of your comfort zone on the feel-good side of the emotional scale, your subconscious mind knows this means that at some point you'll also be taken out of your comfort zone on the feel-bad side. **This is the**

self-balancing scale at work. You don't want to feel bad emotions more intensely than you've become accustomed to, so you self-medicate and self-regulate yourself back into the safety of your emotional comfort zone.

If you've ever found yourself saying, "This is too good to be true" or "I can't believe this," it means that you've just been taken out of your comfort zone on the feel-good side of the scale. As soon as you hear these phrases, or something similar, know that your automatic balancing system is preparing to swing you back into the comfort zone of your emotional scale.

Soon, you'll probably hear words coming from your mouth similar to, "I knew it was too good to last" as you find yourself now sitting inside your comfort zone on your perfectly balanced emotional scale.

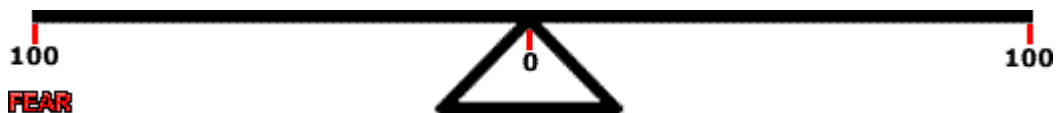
This is the point at which you'll see your weight loss plans fail, your exercise programs fall apart, and your new-found strengths scaring you into retreating back to your emotional comfort zone. Sabotage, whether from your conscious mind, your subconscious mind, or someone else's mind, is a form of self-medication. It allows you to move back into your old familiar emotional comfort zone.

Your subconscious mind doesn't want you to feel *too* good because if you do, then it knows that feeling too bad is lurking just around the corner.

Living your life free of fear isn't about you being trapped in the self-imposed prison of your comfort zone, watching TV until your brains fall out. It means you'll be expanding into a broader scale of emotions, both good and bad, to *fully* experience your life. When you're living your life fully, you'll experience the entire range and volume of emotions.

How much more joy, excitement, happiness, _____ (fill in the blank with your choice of feel-good emotion) would you like to experience?

Using the scale in which you previously inserted your markers as a baseline, note on the scale below where you are now (from the emotion scale on Page 12). Now insert markers indicating where you would *really* like to be on the emotional scale. You may want to use different colored pens for where you are now and where you would like to be.



Then answer these questions:

What would you need to change in order to be at the new level?

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What steps might you take to experience the richness of all your emotions?

What will you be doing differently when you're at the new level?

When you experience your new levels of emotion, good and bad, remember that you'll be out of your comfort zone. If things get to be too much for you and you find yourself wanting to jump back into the safety of your comfort zone, return to the Conversation with Fear (Page 8) and the Fear Continuum (Page 10) exercises. Use these two exercises to explore your new and higher level of fear so that you gain the new wisdom that it's offering you.

Turning Weaknesses into Strengths

Everyone has something they don't like about themselves and you're no exception. You no doubt have qualities and attributes about yourself that you wish you didn't have or could change.

Although you may think of these qualities as weaknesses, *all* qualities have both an undesirable *and* a desirable side to them. For instance, a desirable quality like leadership can also be viewed in an undesirable light as being too controlling. Flexibility can be seen as being wishy-washy. Tidiness or orderliness can be seen as nit-picky.

All undesirable qualities are actually desirable qualities with the volume turned up too high. When you turn the volume down on an undesirable quality, it becomes a desirable quality. Turn down the volume on wishy-washy and you have flexibility. Reduce the volume on nit-picky and you have tidy. Softening control makes it a leadership quality.

What are some of the qualities about yourself that you view as being your weaknesses or undesirable traits? On the left side below, list at least five. On the right side of the page, next to each weakness, list at least three qualities that turn it into a strength for you, once you turn the volume down a bit.

Weakness	Strength
1.	
2.	
3.	
4.	
5.	

Keep this list handy for use when you come to a standstill and fearfully think (mistakenly, of course) that you just don't have what it takes to do the work. Then use it to remind yourself of all the wonderful strengths that you truly do possess. You might want to make copies of it and post them in places where you'll see your strengths often, such as on the wall of your office and on your refrigerator at home.

F.E.A.R.

- False
- Evidence
- Appearing
- Real

The situation is never the issue. No matter how it appears on the surface, there is much more lying underneath.

When your boss gets mad at you for something you did or didn't do, the anger isn't about you – your action, or non-action. The anger you see is False Evidence Appearing Real. In this case, it's likely the fear that your boss could be held accountable for the situation and suffer a reprimand.

Because all fear is sited in the future, your boss is envisioning the worst-case scenario of his future and then projecting the resultant fear (anger) onto you. The false evidence in this case is that your boss is angry. In reality, what your boss is really experiencing is fear. Remove the possibility of future repercussions for your boss, which is the real basis of the fear, and the anger/fear dissipates.

Reflect back to a situation in which you were experiencing one of the faces of fear.

Describe the situation here:

What was the face of fear that showed up?

What was the False Evidence Appearing Real (F.E.A.R.)?

What new insights did you gain by viewing the incident from this fresh perspective?



The Fear of Not Having Enough

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The fear of not having enough is directly related to the fear of not being worthy or deserving. This is the same fear that manifests as poverty consciousness and keeps people in survival mode.

That inner voice you hear chattering away inside of you, saying that you can't have the very things you desire most, is keeping you from having not only those particular desires, but also *all* the wondrous things that you deserve.

This voice may be the result of programming from your parents, family, and friends. If so, it means that you're living someone else's life.

It may be programming from a past lifetime when you took a vow of poverty that's still in effect. Even though that vow is no longer relevant or necessary, you've somehow forgotten to rescind it and it's still functioning.

It may be both of these causes, and more.

This inner voice varies in volume, tone, and persistence in each person. It may be a tiny, distant voice that occasionally whines, or a looming, booming, constantly nagging voice. More than likely it's somewhere in between. The important point is that it's not *your* voice.

You couldn't possibly be that mean to yourself, could you? Of course not.

That's why you're here now, working at releasing all the irrelevant causes of fear in your life that aren't yours, but are nevertheless causing your forward movement to be blocked or stymied.

Rescinding Vows That No Longer Serve You

Releasing past vows that are no longer relevant is a necessary step to clearing old beliefs that block you from allowing yourself to have what you want.

The past vow may be from this lifetime or a past lifetime. It might be an official, ceremonial, or ritualistic vow, such as a vow of poverty taken as part of the requirements for you to become a member of a religious sect.

The vow may have been stated very casually, such as when you may have said simply and innocently, "Well! I'm never going to do *that* again." *That* being taking a chance on a financial opportunity, trying something new and daring, beginning a relationship with someone out of your ordinary style, or something else new and different.

You'll find life becomes more joyful and satisfying when you don't have fear-filled vows attached to you.

The Rescission

To rid yourself of restrictive vows simply craft a rescission of them and state it aloud. You may want to do something extra, such as light a white candle, burn incense, add “so be it” to the end, or anything else that will enhance the meaning of this process for you.

Below are sample rescissions that you can use as is, or add to them and make them more personal and powerful for you.

“I hereby rescind any and all vows that I’ve taken in the past, whether known or unknown to me, that are inappropriate for me now and are blocking my forward movement fully toward living my highest and best life.”

“I wish to rescind all vows I have ever made in ignorance or in truth that are no longer assisting my higher good. I ask that all restrictions be lifted and eliminated so that I can align with my highest purpose.”

Write your own rescission here:

Repeat as needed.

The Take-Away Game

This exercise helps you to clearly identify what your Gremlin, Inner Critic, Mr. Blackhat, or Yeahbut is saying in order to keep you from having what you desire.

Select something big, something that you think is out of reach for you but that you *really* desire. It can be something physical, such as a new boat or car, or something intangible, such as self-confidence or peace of mind. Write it in this space:

Now, very quickly, before your Inner Critic has a chance to rudely interrupt you, complete the following sentences:

I can't have it because

I can't have it because

I can't have it because

I can't have it because

I can't have it because

I don't deserve it because

I don't deserve it because

I don't deserve it because

I don't deserve it because

I don't deserve it because

Review what you've written and notice how each of these statements reflects a face of fear. **What are the particular faces that showed up?**

Which of these fears about what you can't have and don't deserve sound like other people's voices? (This is a trick question. *All* of these fears are from other people. Your true, divine self knows without a molecule of doubt that you deserve to have whatever you want.)

Whose voices are they? Note the name(s) next to the fear they shared with you.

When you get all these thoughts and beliefs about why you can't have what you want out of your head and in front of you in black and white, you can see them for what they are — False Evidence Appearing Real. FEAR!

The Truth

Now you can work with each of these fears and take them away one by one, using any of the previous exercises in this chapter, until only the truth is left standing. **And the truth is this:**

**You do deserve to have what you desire.
You are worthy.
You can have it.**

Go ahead, live your life to the fullest, free from fear. It's your Divine right to joyously use your natural talents and desires to create your best life and to be of the highest service to others.



The contents of this ebook are excerpted from ***An Inner Journey: Living Your Life Purpose***, written by Kathy Wilson. Print versions of this book are available online at amazon.com and <http://www.AnInnerJourney.com>.



Kathy Wilson is a Certified Professional Coach whose own inner journey has meandered down many diverse paths, each one offering vast riches in the wisdom she gleaned from all her life experiences. Some of these experiences include working as a pea tester, bartender, motel maid, clam digger, logger, construction superintendent, roofing contractor, Realtor, landscaper, snowmobile clothing manufacturer, and website designer.

Her journey eventually led her to life coaching and spiritual teaching, as she recognized that her life purpose is to assist others to realize *their* life purpose. She draws on the wealth of knowledge and wisdom she's gained throughout her journey, as well as the higher wisdom her spiritual resources, and shares it with her clients and students as she gently guides them and supports them in finding their own path.

Visit her websites for information about life coaching and spiritual services, classes, and products:

- www.Under-One-Roof.net
- www.AnInnerJourney.com
- www.Warrior-Priestess.com