

# Managing Fear

**Life is grand or ghastly – it all depends on how we handle our fears.**

We cannot feel brave if we do not feel fear. Fear can also be a wisdom, therefore it is important to discern the truth behind our feelings. Fear, like anger, can be used as a vehicle in making better and safer decisions. Therefore, it is important not to overlook or discount these feelings, as they can be the foundation of foresight.

Courage is taking complete responsibility for ourselves and our ensuing life experiences. By empowering ourselves, we know how to protect our happiness and well-being. We continually strive for honesty and wisdom. We develop strength without using fists, but rather we use our hearts, mind, words, and peace-exuding actions.

The most foundational truth is that everything begins and ends with energy, regardless of what it is. This is why we don't fight hate with hate, or violence with violence because the same energy used to create a problem cannot be used to solve that problem.

The smallest doubt can squash the greatest of intentions. If our doubts are based on our wellness, contemplation, and wisdom, then that is considered mindfulness and intelligence. But if our doubts are based on our wounds, confused thinking and unfounded fears, then that is considered ignorance and foolhardiness.

Patience is crucial in understanding our fears. The art of waiting and studying is imperative in leading a productive and peaceful life. There is a '3' rule in mastery over fear. This leads us to a smart response, rather than a rash reaction. The rule is when disturbed or unsure...wait 3 seconds, 3 minutes, 3 hours or 3 days before responding or committing to something or someone that we feel uncomfortable with or about.

Social media, news, and global government decisions infuse our lives with fears that are poisonous. However, we do indeed have the wherewithal to secure our own life in a healthy way, separate from the world at large. If we embrace and believe this fact, then we can overcome fears that do not belong in our personal space, fate, or destiny.

# Managing Our Fears

**To be or not to be – it all depends on how we handle our fears.**

*We manage our fears by* not focusing on the future or regretting the past, but by understanding that now is the only time that has relevance.

*We manage our fears by* accepting that we all make errors and mistakes but quickly learning not to make the same mistake more than once.

*We manage our fears by* overcoming the fear of failure, as it is a means to bring us closer to success, as defeat is a means to victory.

*We manage our fears by* realizing that personal perspective can improperly interfere with success, so we constantly search for the higher truth.

*We manage our fears by* understanding that carelessness and foolhardiness can cause disruption, so we are careful and disciplined.

*We manage our fears by* tempering our temper, so things don't get too out of control.

*We manage our fears by* not depending on people who have shown signs of irresponsibility or do not keep their word.

*We manage our fears by* developing the art of detachment and quelling our flaming desires.

*We manage our fears by* knowing that lack of integrity can sink our boat, so we protect our impeccability in order to stay afloat.

*We manage our fears by* accepting that life will always bring challenges and the road to our mastery is built on developing the skillset to handle them.

*We manage our fears by* not allowing negativity to take over our energy field or personal space.

*We manage our fears by* sourcing and defending our purpose with patience, perseverance, and power.

*We manage our fears by* not judging another, nor ourselves - yet by using sound judgment.

*We manage our fears by* knowing every dream needs a practical plan.

*We manage our fears by* keeping our lives balanced and looking for win-win situations.

*We manage our fears by* working on healing our wounds so that our wellness can be triumphant.

*We manage our fears by* not letting our fears paralyze and drown us, as they can also catapult us to greater heights – the choice is ours to make

## Transforming our Fears

**The saddest words at the end of our life are “it might have been or it could have been.”**

Fear is an emotion that must be studied and handled before manifestation can occur.

Fear can be a trick or fear can be a wisdom.

Never fear to hear.

The more we fall, the more we are tall.

Instead of studying why....study why not.

Trust on merit and intention.

A wrong decision is better than an indecision.

The fear of trying something new makes one old.

Bravery is not the absence of fear, but the ability to master it.

It has been proven that when we are bold, mighty forces come to our aid.

The biggest mistake we can make is never having tried.

Most things worth doing have been said to be impossible before they were done.

Never wait for the ship to come in – go swim to get it.

Fear is to teach us to analyze – not paralyze.

The only constant thing in life is change – yet it is what people fear the most.

Fear can be the mother of safety.

Faith is a sword against fear.

The greater the risk – the grander the reward.

To know what is truth and not speak it, is the worst fear of all.

Never be afraid to be moral.

Success favors the courageous.

Fear dissipates through understanding.

Life is what we think it will be – so think courageously.

Good deeds eradicate fear.

Each and every dream comes from daring to begin.

The thoughts of scarcity are but an illusion.

Freedom is maintained through courage.

When we stop growing – we start dying, therefore live each day as if it were the last.