



A Proven ROAD MAP to BANISH FEARS

A Proven  
**ROAD MAP**  
to BANISH FEARS

NAVIGATION TOOLS TO  
**MOVE UPWARD**

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NAVIGATION TOOLS TO

# Table Of Contents

## **Foreword**

## **Chapter 1:**

We Are Responsible For Our Own Lives

## **Chapter 2:**

Just What Is Fear

## **Chapter 3:**

Self-Justifications Don't Make True Limitations

## **Chapter 4:**

Getting Fears In The Open

## **Chapter 5:**

Tips To Uncovering Your Fears

## **Chapter 6:**

Taking Action

## **Chapter 7:**

Releasing Fear With Meditation

## **Chapter 8:**

Overcoming Fear With Self Hypnosis

## **Chapter 9:**

Using Spirituality To Combat Fear

## **Chapter 10:**

The Knowledge Of Failure

# Foreword

*What is the number one – possibly the sole – conflict between living your aspiration and being passed by while stagnating?*

*The rudimentary conflict is fear. Fear of missing it all; fear of what some other person may believe; fear of being never good enough.*

*Well, never don't fret as there are answers to help you right here.*

***Here we will look at***

***A Proven Road Map To Banish Fears***

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# **Chapter 1:**

*We Are Responsible For Our Own Lives*

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# Synopsis

*In the end, man shouldn't ask what the significance of his life is, but rather must acknowledge that it is he who's asked.*

## **How You See Your Life Is Up To You**

Our design is our own; life is inquiring and we reply. Do we humbly submit and let life, let those about us, decide where we're going? Do we answer a maybe in response to life in a hushed voice? Or do we remain firm and remain true to our innermost wants; to live a life of merit and fulfillment – a life of responsibility?

Ever observed how we straightaway offer a defense when somebody confronts us about our unfit conduct? We've all been guilty of it sometimes and what a finer way to divert that confrontational attention off of ourselves. "If you believe I behaved badly, you ought to see how she acted!", "I only betrayed her because she did it to me first, I'm not a immoral person", "You believe our relationship has troubles? What about the Smiths', they're genuinely the ones who need couples counseling".

All of us can come up with somebody else to fault or at any rate find somebody else who has some more faults than ourselves to take the heat off and position ourselves in a beneficial light. Making comparisons in this manner seems to be constructed into our DNA.

When we consider our own lives, adapting the line 'I might not be perfect, but I'm no sorrier than the next individual' seems only too familiar but acting badly or in a less suitable way than what we would require from other people, compromises our own integrity.

The thought that we're 'not as bad' as somebody else lets us think that our own actions are hunky-dory and cautiously selecting somebody with whom we can equate ourselves to only gives the

backing we need to rationalize this to ourselves. It's all really handy right?

This sort of conduct lets us skip out on being responsible for ourselves, to carry on acting poorly or to just 'put our head in the sand' about particular matters. If our actions are 'not as sorry' as another person's, does that signify we're right?

Is it truly just when we perpetrate an act we recognize is wrong, to not anticipate being held responsible for it? We frequently hurt other people in ways we, ourselves wouldn't enjoy happening to us.

As a matter of fact, a few of life's hardest examples can serve as brutal reminders that we have treated somebody in a way we'd detest to be treated ourselves so how come do we do it? How come do we do something if we're afraid to face to outcome?

A friend once afforded me some of the finest, yet simplest advice I've ever gotten – 'don't be remorseful, just don't do it!' Its dandy advice that compliments that old adage of 'Do unto others, how you'd have them do unto you' and is a marvelous doctrine to live your life by.

Consider it, if you tell yourself this any time you're pondering lying to somebody, treating somebody poorly, speaking out of turn or doing something you shouldn't behind another persons back – and let's face it, nine times out of ten you're going to get found out, you'll never have to be 'sorry' ever again.

If you don't do the bad behavior in the first place, you won't have the face-off with that individual, there'll be no disturbance or judging, no relationship doomed or tarnished and utterly no need to apologize,

best of all - your moral sense will always be clean and guilt free. It might be rather an easy way to set about life but it most decidedly works. Regrettably, doing unto other people, how you'd have them do unto you isn't always assured in today's society but you are able to at least be responsible for your own actions. Passing off the blame only displays a cowardliness and lack of value for yourself and everybody around you.

We're responsible for our own lives. No person is precisely like us; not even an identical twin. Our seeds of joy are our own; our resolves are as unique as our fingerprints. Take responsibility for your own life.

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## **Chapter 2:**

*Just What Is Fear*

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# **Synopsis**

*Fear can come in many forms and it is imperative to understand what it is.*

## **The Realm Of Fear**

There's unhealthy fear and healthy fear. For instance, when we're afraid of something that can't really hurt us – like spiders – or something we can do nothing to head off – like old age or catching a cold or being run down by a truck – then our fear is unhealthy, for it functions only to make us distressed and paralyze our will.

On the other hand, when somebody stops smoking because they're afraid of getting lung cancer, this is a healthy fear as the danger is real and there are constructive measures they can take to avoid it.

We have a lot of fears-fear of terrorist act, fear of dying, fear of being apart from people we love, fear of losing control, fear of commitment, fear of failure, fear of rejection, fear of losing our job, the list is ceaseless! A lot of our fears are rooted in delusions– garbled ways of viewing ourselves and the world around us. If we learn to contain our mind, and cut down and finally wipe out these delusions, the origin of all our fear, healthy and unhealthy, is annihilated.

All the same, at present we require the healthy fear that develops from scrutinizing our present state of affairs so that we can decide to do something about it. For instance, there's no point in a smoker being frightened of dying of lung cancer unless there's something that he or she can or will do about it, i.e. Quit smoking. If a smoker has a sufficient fear of dying of lung cancer, he or she will assume steps to kick the habit. If he would like to dismiss the danger of lung cancer, he'll continue to produce the causes of future suffering, living in self-denial and in effect relinquishing control.

Just as a smoker is vulnerable to lung cancer due to cigarettes, it's true that at this instant we're vulnerable to risk and harm, we're vulnerable to ageing, illness, and finally dying, all due to our being pinned in samsara-the state of uncontrolled being that's a reflection of our own uncontrolled minds.

We're vulnerable to all the mental and tangible pain that develops from an uncontrolled mind-like the pains that derive from the delusions of attachment, wrath, and ignorance. We may choose to live in denial of this and thereby relinquish what control we have, or we may decide to realize this vulnerability, acknowledge that we're in danger, and so find a way to avoid the risk by taking away the real causes of all fear (the same as the cigarettes)-the delusions and damaging, unskillful activities motivated by those delusions. In this way we acquire control, and if we're in control we hold no cause for fear.

An equilibrated fear of our delusions and the hurting to which they unavoidably bring about is consequently healthy as it serves to prompt constructive action to avert a true danger. We only require fear as an impulse until we have removed the causes of our vulnerability through discovering spiritual, inner asylum and step by step grooming the mind. Once we have caused this, we're fearless as we no longer have anything that can hurt us.

Remaining firm between us and our resolve is unhealthy fear, a survival mechanism failed. There will be times it's healthy and normal. But fear has become rampant when it never exits us. It becomes a shadow, only visible in abbreviated glances, but is forever right alongside you. No more does fear take over when required; now it silently colors our sight, so that we see everything as sinister.

Fear demolishes self-sufficiency, exuberance, and initiative. It promotes procrastination, and leads to debile character. It defeats love, mists memories, and finally leads to wretchedness and sadness.

All the same take heart, for a lack of bravery is nothing more than a frame of mind. It can be mastered. Be forever on the alert for it. Fear is visible when somebody holds a gun to our head, but it's more difficult to make out in our daily lives. Be suspicious of indecisiveness and doubt, for they harden into profoundly entrenched sense of fear.

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# **Chapter 3:**

*Self-Justifications Don't Make True Limitations*

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# Synopsis

*We must examine our fears with a true and fearless eye.*

## **They Are Only Excuses**

Excuses can appear unbelievably strong and valid now and again, to the point where we wind up trusting they're absolute truth. But, excuses can not only make us miss out on some opportunities, they really have the mightiness to demolish our lives if we let them.

When we continually talk ourselves out of executing matters we wish to do, we produce a mighty downwardly spiral of diminishing opportunities, dwindling abundance, and decreasing self-regard. Finally we wind up being a hollow shell of the person we may have been.

Don't let your excuses ruin your life! Excuses are for weak-willed persons who have no want or willingness to grow and develop themselves. They've talked themselves out of making the lives they sincerely want, and they won't budge from where they are today unless a life crisis pushes them to.

Is this you? Or would you rather be somebody who pokes fun at limits and faces their fears head on?

If you're in the habit of buying into excuses, you likely say things like this:

- “I can't . . .”
- “I don't have the gift . . .”
- “I wouldn't be substantial enough . . .”
- “I'm not young enough . . .”
- “I don't have any time . . .”
- “I don't have the income . . .”

- “I don’t have the wits . . .”
- “I’m not adept at . . .”
- “It would be too difficult . . .”
- “It’s virtually unimaginable for somebody like me . . .”

How many times have you stated things like this? They're excuses, plain and simple.

Here’s the worst thing: even if an excuse really bears some merit, like if you truly don’t have enough income to go back to school or begin a business – the excuse itself forbids you from even attempting or doing work toward the goal in some manner. Just because you don’t so far have the income, time, gift, courage, or whatever . . . Doesn't signify you won’t have it at some later time.

Here’s the beneficial news: if you reject excuses, they abruptly cease to be real.

Beginning now, take a good severe look at your own excuses. Are they actually true, or have you been duping yourself because it appears easier than smashing the fantasy?

If you call into question the beliefs you hold about yourself and your potentialities, you may be surprised to learn that you’ve been held hostage by excuses. But because you defined the excuses, you are able to easily disassemble them too, one step at a time, one defective notion at a time.

Once you start executing this even in little ways, you start to acquire greater strength and empowerment within yourself, and your whole life will start to switch and change in marvelous ways.

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