

How to Use Fear as a *Co*

Super Power

Co to Fuel Courage

*Tips on
Cultivating Courage*



Inner Prosperity
ACADEMY



How to Use Fear as a Super Power to Fuel Courage

What Is The Cost of Living Cautiously in Your Life?



Fear is one of the greatest sources of struggle, suffering, confusion and stress in our lives. Part of being a human being is that we will constantly face fear in our lives.

When we make our life choices and decisions from this state of “contracted awareness”, every step forward feels like an internal battle and then we tend to keep doing more of what hasn’t worked because we are afraid of the unknown. The end result is that we feel stuck, frustrated, unhappy and anxious because we know we’re not getting closer to the meaningful, joyful and abundant lives that we are meant to have.

As human beings, we’re built and wired for survival, and fear is a primal instinct that keeps us safe. When we’re at staring danger in the face, it’s fear that makes our heart rate increase, pumping blood more quickly to our muscles and limbs and increasing our awareness and senses. (Which is fine if a hungry predator, like a lion, is chasing you.)

But, in the absence of predators, fear is almost never a good advisor. It blocks clear decision-making and amplifies the risks and dangers that might be ahead. At its worst, fear cheats us out of living fully expressed, open to the depth of everything that’s possible in our lives.

If fear holds you back from having the financial success, creating the business of your dreams, having a fulfilled and meaningful career, a joyful life and the relationships you deserve, you’re not alone.



Why is there so much fear when you try to make positive changes in your life?



We have creative energy that is moving through us all the time, we're in a constant state of growth and up leveling, that's another part of being human too. This creative energy will either get diverted into our conditioned patterns; or it will get focused on manifesting our dreams.

Some people get focused on working on some negative patterns like anxiety, depression, relationship issues, anger, etc., which is great, but the truth is, that this creative energy needs an outlet, so there's got to be some energy invested on working towards discovering what their dreams are and what their life purpose is. Because unless we have a positive outlet for this creative energy that's moving through us, it is going to actually feed those stuck patterns and it'll take much longer to get beyond them. When we don't focus on creating a positive outlet for this creative energy, people can be stuck for years trying to heal a negative pattern because there's no positive outlet for that energy.

What happens then is that when we start trying to make positive changes and move towards our dreams or live aligned to our Life Purpose, some fears will get triggered, so we need to work on really getting clear on what these fears are, and most importantly, how to understand and move through those fears so we don't get stuck and feel overwhelmed. It always happens, when we're stepping into a higher version of ourselves and moving in the direction of a more meaningful, joyful and abundant life, big fears will get triggered. The bigger the vision, the bigger the fear.



The reason why there's so much fear when we try to make positive changes in our lives is that, there is a concept called "The Terror Barrier", this is a concept that I learned a few years ago from my mentor and I loved the whole idea.

This is how this works: Imagine there is a square- everything that you know to be true in your world is contained within that box. I'm sure that at this point you understand that life is about evolving and expanding—and that we are often limited by our conditioned thoughts and patterns. Therefore, we tend to live within the limits of this square or this paradigm. When we begin to get clear on our dreams and life purpose, we begin to move closer to the edges of the square. (Typically, our dreams and visions are outside of the bounds of our paradigm.) At this point, your ego mind gets activated.

That is the Terror Barrier: the part of you that gives you a red alert signal. Because you're doing something unfamiliar that moves you towards the unknown, it wants to stop you. But, at this point of our work together, you understand that that's the ego mind's job: to stop you from taking risks.

Understanding this has been so helpful for me; when you want to make a big change and want to uplevel to the higher vibration that is in alignment with your dreams, the Terror Barrier can manifest. And misunderstanding the source of this sometimes intense feeling is what stops people in their tracks.

Keep in mind that fear is a normal part of the process of growth—it's not a signal to stop. The bigger the change, the bigger the fear. However, the more often that you leap, the more you get used to the discomfort and the process. At the end of the day, you know that we are always creating, either by default or design. I like design way better...by default, you feel like a victim.

In order to thrive while you face change or challenges in your life, you have to be willing to take different risks and intentionally step into growth so that you can get different



results. Fear doesn't allow us to see possibilities: it limits our ability to see and move beyond the place in which our mind is stuck and what we see as possibilities.

No change can come from staying in the same place, making the same decisions, taking the same risks. Once I really understood this, I was able to make a few difficult and scary decisions, but in the long run, these brought much growth, expansion, joy and freedom in my life.

"You will either step forward into Growth, or you will step back into Safety." -Abraham Maslow

How to use Fear like a super power to fuel courage in your life



Fear, like nothing else, is a doorway to something richer in our lives. It invites expansion and unleashed potentials. Fear, like nothing else, can launch you forward in unimaginable ways, so see it as a friend trying to guide you to your freedom.

Fear is always there, in different levels. Don't spend energy on efforts to hide or shame the fact of fear's presence, don't deny it. The truth is that when we are in a place of stillness, connected to our Authentic Self, we realize that love is holding us and that nothing we feared was real.

Here's the key: how someone chooses to perceive their fear is what makes ALL the difference in their life. I had a mentor tell me, "Those who choose to believe that the presence of fear represents proof of a flawed, weak character risk their dreams dying inside them."

I agree: denial and shame are dream killers. The more defensive thoughts we have, the more fear we will feel. We can't control everything that happens, and control is a key



word here. We think giving in to fear will keep us safe. However, when we let fear control us, it becomes our worst enemy because it keeps us living small lives.

I personally have learned to dance with my sneaky and persistent fear almost every day of my life. Understanding the concept of the Terror Barrier and knowing that fear will be there always, fear and I became friends. In fact, I have fear to thank for so much in my life. Without it, you wouldn't be reading this FREE Report.

I truly appreciate my fear because it shines the light of awareness on what needs to be healed. I've learned to welcome its presence as evidence of my willingness to s-t-r-e-t-c-h beyond what's comfortable. Fear shows me another awesome opportunity to choose to believe that I am divinely loved and fully supported all the time.

We get very distressed about the unknown. However, uncertainty is the gateway to possibility. To use fear as fuel for courage, just feel curiosity and be open to the infinite possibilities that it holds. Fear is healing, transformative, and a catalyst for growth and expansion. Courage is about letting fear transform you...

Next time you find yourself hesitating, think that **the only way to live a bigger and fuller life is by pushing past your Comfort Zone, by being courageous and taking one baby step at a time, so you can go through those terror barriers.** Living a life you love is your birthright, but it's also your responsibility, nobody will do it for you.

Don't look back on your life one day and ask yourself "What if I would have taken the risk? What if I would have had the courage?" Living the life you came here to live, and being who you came here to be – giving your greatness to the world, will create a beautiful ripple effect that is so needed nowadays!



Your next baby step

Stay Connected:



And, watch for my new Book “**Awakening to Life: Your Sacred Guide to Consciously Creating a Life of Purpose, Magic, and Miracles**”. It will be released on February 28th by Inspired Living Publishing! For the past nine months, I’ve been writing the book that’s been in my heart and I can’t wait to share my soul project with you! To CELEBRATE I’d love to give you a FREE GIFT. **Sign up** for my “**Tap into Your Inner Wisdom to Create Miracles**” Guided Meditation, when you sign up to receive VIP notice. ❤️ → www.AwakeningtoLifeBook.com

Love and Blessings,

Patricia Young



Patricia Young is a Transformational Life Coach & Strategist, international best-selling author, host of the popular Awakening to Life podcast, Founder of Inner Prosperity Academy, and author of the upcoming *Awakening to Life: Your Sacred Guide to Creating a Life of Purpose, Magic, and Miracles* (Inspired Living Publishing). She is a frequent contributor to *Aspire Magazine* and a sought-after media and summit guest.

Patricia passionately supports sensitive and growth-oriented women in identifying and living their highest life vision. Her keen insight, nurturing energy, and proven strategies help women take action to bring this vision into reality so they can live the life they are here to live—personally and professionally.

Learn more at: www.InnerProsperityAcademy.com.