

What is fear? How does fear influence our reality?

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I would like to talk about fear, what is fear actually? When you fear of something - you visualizing this and your emotions are perfectly helping you. But when you are absolutely sure about what you want to achieve, you KNOW that it will happen, because you support it with your daily thoughts.

When we believe in something there could be doubts, if you doubt - you visualize the negative outcome. But with absolute knowledge there can be no doubts, because you KNOW, you just know that you have it, right now. When you wait - you may start to discover downsides of positiveness, it is normal, because it is one of the fundamental laws of the Universe. But every next swing of pendulum to positive side will get you closer to your goal. The best you can do those days is to keep thinking about your goal. Fears are easy to overcome, by the way there is one beautiful book that I have attracted into my life - Guy Finley - The Essential Laws of Fearless Living.

This book came to me in those days when I had negative fall backs, I read it. During my reading my mind was continuously studying and realizing many things that I feared about. The fog of fear disappeared, I saw the light of the Sun and abundant ocean of life, mine to explore and create. I really loved this book, it was written in very easy to understand and implement way.

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