

Feel the Fear and do it anyway

We often get asked 'What's the best way to overcome fear'.

The medical profession teach countless techniques that resolve phobias, anxiety and pretty much any fear that gets presented very quickly.

However for life in general we have observed that there are 3 main fears and when we understand them from a certain perspective their hold on us can be quickly reduced and often eliminated.

So, here are...

Mark Shields Explains

The 3 Fears

There are 3 main fears that most often inhibit our success and happiness.

Once we learn how to deal with these fears, our happiness and success ability tends to go through the roof.

Here are the culprits:

1. Fear Of The Unknown

2. Fear of Making Mistakes

3. Fear of Exclusion

In my experience there is one major and often not understood reason as to why these 3 fears are allowed to hang around in our psyche longer than is useful...

We forget at great expense to our success and happiness that we are in fact, mammals.

In all our human being-ness and spiritual-ness, the cornerstone part of who and what we are is often ignored and misunderstood.

In our desire to 'live in the now' 'get to heaven or some spiritual realm' and /or cajole 'cosmic white light into our chakra system' we don't take the time to look honestly, frankly and thoroughly at the part of ourselves that, from an evolutionary perspective is the most fundamental aspect of who and what we are. We can totally forget that in flesh and blood and brain we are a mammal, very evolved, spectacular, often miraculous, but yet a mammal.

When we allow this fact to sink in, enjoy it, thrive on it and align with it we can make the most extraordinary changes rapidly and often very easily.

Let me explain...

Lets take the first fear. Fear of The Unknown

It makes complete sense that a mammal would have this fear. By staying in well established frameworks of familiarity and security we are giving ourselves the best chance of survival. If we have worked out how to put a roof over our head, put food in our bellies and support our families basic needs, what else as a mammal would we need...? Not much, like a cat or a dog we would be content and spend the rest of the time basking in the sunlight.

How about the Fear of Making Mistakes? Again a completely common sense fear to have. In mammal world if we make mistakes, we don't eat, we might lose our shelter and we might not evade that predator and we die. Making a mistake as a mammal has rather significant consequences.

To understand the Fear of Exclusion (aka fear of embarrassment, fear of social banishment) we need to understand that as a mammal we rely on our parents and the social group at large for our survival. I often use the example of a wolf pack. The notion of a lone wolf might seem romantic, but it's not. Their chances of survival away from the pack are dramatically reduced. No protection, no team work for hunting success and no warmth in the cold night. As such even powerful wolves will subjugate themselves to the Alpha. If a wolf makes an unsuccessful challenge or is cast out for any reason, life starts to get hard, really hard, really quickly.



So I'm sure you can see that our own experiences are paralleled in these examples. As humans (aka major part evolved mammals) it is a natural part of our being to have these 3 fears and this for the most part is the major step in being able to overcome and transcend them - seeing the reality of the logical origin of these fears.

Realise that these fears are not personal to you. They are not 'caused' by your childhood, or something that you did or because there is anything wrong with you. They are fears that EVERY human being at some point has had to deal with, face and resolve (or not).

When we give ourselves permission to see these fears for what they are (core mammal survival mechanisms) and stop beating ourselves up about them (no point, they are simply logical responses to life events) we can start to transcend them with understanding and the compassion afforded by seeing things as they really are.

Yes, there are techniques that can help us in moving quickly through these fears, but the in my experience the techniques tend to fall short unless we have a solid grasp of the key understandings just explained.

In the future when you feel yourself in the grips of one of these fears you might like to try going through these 3 steps.

1. Acknowledge the fear, don't avoid it, just be with it.

2. Let yourself know that you are experiencing this fear, not because of childhood, or because there is anything wrongs with you or because you don't yet have the secret to the universe, but simply because the mammal part of you wants security and this is OK.

3. Let yourself know that in spite of the rational and logical reason as to the fear, another key part of being alive and fundamental to being a human mammal is to EVOLVE.

To EVOLVE we need to step forward into the unknown, so that we can chart new territories both within and without. We need to allow our selves the opportunity and potential for making 'mistakes' as how else can we learn? and we can let ourselves know that when we let the possibility of exclusion become real it is so that the possibility of INCLUSION into something greater is made possible.

I hope that this helps you understand your own personal anxieties and fears, helps you avoid putting an unnecessary label on them and accept it is quite normal to feel this fear and get on with life normally

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