



Are you Living from Fear or Presence?

What perspective do you want to live from?

As part of the topic of Fear versus Presence, the distinction must be made between the “self” and the “Self”. The small “s” self is the ego, the voice that can be referred to as the monkey mind in the context of meditation and other spiritual practices. The small “s” “self” generally lives in a fearful place, and can be the voice that we have taken in as truth through our socialization. The capital “S” Self is the true inner voice of our Soul, the voice that is connected to our own Higher Power, our own Spirit and Spirituality. This “Self” is the true place of connection where we can find peace, passion, truth, and Presence. When we listen to this Self, we live an inspired life.

Fear:

Living from a perspective of fear can be a difficult and lonely path to take. Many people are continually taught and socialized to be afraid of life and of themselves. Where might this come from? It can come from our families, our communities, our churches, our governments, our small “selves”.

Many of us have family members who have also been raised in this fear mindset and have not taken the time to question its truth. If our parents did not give themselves permission to have their dreams, or seek their true purpose, they may have lived from a somewhat unaware space. Many religions teach us to fear God, fear people who are different from us, and even fear our own greatness.

When we live in fear, we are generally living in either the future or the past. But, as Dr. Wayne Dyer says, "the point of power is always in the present moment." We can make the choice to move ourselves into the present moment, and take small steps, thinking about each step, completing it and moving to the next moment and the next step. We can also look at the fears, feel them with compassion for ourselves, and then move into the fearful task anyway.

Cheri Huber, in "The Fear Book" teaches us to:
Question every fear thought. (Ask your Self)

- How do I know that?
- Is that true?
- Who says so?
- Is that my experience or is it a belief?

Look to see how fear is set up in your mind.

Learn to ask:

- Is that happening NOW?
- Is that true NOW?
- Who says so?

In coaching, we look at these kinds of underlying beliefs to decide for ourselves what will serve us and what is no longer helpful. Cheri Huber further states, "When I approach everything as an opportunity to heal, there is nothing that will not be available to me." It can also be important to identify and define for ourselves what kind of life we want to live. What does our Self say about our definition of the Universe, God, Source or Spirit? This definition or perspective on the way the world works is a powerful place to begin.

These questions, and answers, can lead us into the related topics of Scarcity vs. Abundance.

Fear and Scarcity are interconnected. Let's look at some examples how through the insight of Dr. Wayne Dyer from his book "Excuses Be Gone" in which he offers "18 Common Excuses and their Affirmations". In this context, we will look at a few of the excuses (fears, scarcities) and see how he reframes them.

Excuses	Affirmations
It's Too Big.	I think only about what I can do now. By thinking small, I accomplish great things.
I Don't Deserve It.	I am a Divine creation, a piece of God. Therefore, I cannot be undeserving.
It Has Never Happened Before.	I am willing to attract all that I desire, beginning here and now.
I Can't Afford It.	I am connected to an unlimited source of abundance.
I'm Too Scared.	I can accomplish anything I put my mind to, because I know that I am never alone.

The fears and scarcities that Dr. Dyer refers to as excuses are from the small "s" self. Living from this space can impact a person's life in many limiting ways.

Presence:

These are not the kinds of messages our capital "S" Self will give us, if we know how to listen. Often, people are confused and unclear about which voice they want to listen to, and their coach can help. The powerful questions that come into the coaching relationship can be key to helping discern between the two. For example, let's propose a person wants to make a decision about whether or not to leave a current job. A coach might ask, "How does it feel in your body as you consider each option?" Do you feel peace, joy, excitement or some other positive emotion

when you consider leaving the job? Or do you feel fear, sadness and self-judgment. The coach can then help explore the answers to those questions. If a person is unclear, or is experiencing both of those sides of the issue, the coach can further break the emotions and fears down with the questions and/or excuses listed above to help the client toward the self-realization necessary to be in the present moment so they may move forward with full commitment. It may also be important to help the client find and identify their capital "S" Self's voice as a precursor to sorting through their fears.

Accepting and embracing the principle of abundance in the world and in our own lives can be an important backdrop for the concept of Fear vs. Presence. We all have abundance in our present lives in one form or another. Do you believe there is enough of everything you need? Can you connect to a place of gratitude, grace and abundance in the present moment?

What does it mean to be present? It means that we are living in the moment, and not living in the past or the future. If we live in the past we can be focused on guilt or other negative emotions based on what we think "should" have happened. This is of no use to our Self, because we cannot do anything to change the past – we can only learn from it and be where we are, in the present moment. If we live in the future, then we can be focused on worry or the eternal tomorrow where the grass will be greener. This is also of no use to our Self, because we can only be where we are, which is here in the present moment. This is not to say that we cannot have hopes, dreams or plans for the future. In fact, when we are in the present moment, connected to our true Selves, we recognize our desires as guideposts to our true purpose. Presence is one of the highest gifts a coach can give their clients. To be present in one's own life, and offer that presence to another as a witness to their experience is a magical gift. How many people receive the blessing of an absolutely Present witness to their lives? Often, this type of support is what

empowers a client to be present in their own lives, and provides a tangible example of how it looks.

What can you do for beginning steps?

1. If we are coming from a place of scarcity and fear, a Gratitude Journal can be a powerful place to start. Begin by purchasing a journal and making the commitment to set aside 15 minutes every day to write down at least 5 things you are grateful for in your life. This time can be at the beginning of the day, the end of the day, or any designated time you choose – as long as the commitment is there to do it every day.
2. We can also move ourselves into an empowered place of Presence by learning from and celebrating our past. Start a Celebration Log! Find a notebook or journal and take some time to look back on your life. Write down your accomplishments... look back at things that were significant **FOR YOU** at the age that you were when you achieved them. When you learned to walk, that was a **BIG** deal, write it down. When you learned to ride your bike, it was a **BIG** deal, write that down too. Number each accomplishment and work to get to 100; in the spirit of celebrating your Self. Many successful people use this tool to help them remember to celebrate their accomplishments as well as help them to prepare themselves for upcoming challenges. How about your first kiss? Your first job? Graduating high school? These are all things that took effort to accomplish and deserve to be celebrated. When we are looking at something like an upcoming difficult conversation, or big sales presentation, we can look back over all of the big and little accomplishments and victories in our lives and realize that we “felt the fear and did it anyway”, just like Susan Jeffers recommends in her book of the same name.

3. Hire a coach! Shelley Hayes is your expert Possibility Coach who is living her purpose by supporting others to Empower their Possibilities. She can be reached at 406-534-3509 or at Shelley@empoweringpossibility.com; website: www.empoweringpossibility.com.

Again, these are some steps that help us identify and define for ourselves what kind of life we want to live. What does your Self say about your definition and perspective on the Universe, God, Source or Spirit? Can you compassionately release your fears, be present and see the abundance?

“So, the next time that voice starts trying to convince you that you should leave the peace and comfort of the present moment to wander around with it in the world of the past or future calamities, you might just give it a polite, “no, thank you” and invite it to come sit quietly here in the safety of this moment with you.”

~ Cheri Huber, “The Fear Book”,

What perspective will you choose?

Resources;

Shelley Hayes, Leadership Coach and Life Coach, www.diamondprinciple.com,
406-534-3509, Shelley@diamondprinciple.com

Eckhart Tolle: "A New Earth" and "The Power of Now"

Cheri Huber: "The Fear Book"

Martha Beck: "Steering by Starlight"

Pema Chodron: "The Places That Scare You"

Susan Jeffers: "Feel the Fear and Do It Anyway"

Dr. Wayne Dyer: "Excuses Be Gone" and "Inspiration"