

Fear Control: How To Take Risks & Win At Life!



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Fear Control: The Art Of Taking Risks & Winning!

In life you have a clear choice: play safe and try to get safely to death relatively unharmed. Or take some risks, have an adventure and live life on your terms.

I'm assuming that you're reading this because you want to be more in the second camp. Chances are, however, that you at least still have a foot in both camps, or that you are still looking longingly over the fence into the adventure playground that could – and should – be your life, all from the safety of your cosy, coddled life!

This report will show you how to manage fears and phobias. The method is fast, simple – and tried and tested for around fifty years. In plain English, it works. All you have to do is put it to the test.

However, it's not the be all and end all of success in life. There are some other elements that sort the successful from the mediocre, such as unshakeable self belief. **I recommend you [explore a program called, "The Wellspring of Success"](#) which will show you how to achieve any dream and have your wishes showing up all over the place!**

The program is easy to read and understand. It comes complete with audios and a hypnosis program too, so you get a full and empowering experience. [You can read all the details here.](#)

But let's get back to our main topic for now – mastering fear.

A Word About The Author

Life used to be full of fear for me. Not for any of the reasons you might imagine: I was loved as a child, always had a lot of friends ... life should have been good.

I fretted about rules. I felt that somehow I might be getting life "wrong." I remember at the age of about five my mother gave me my first boiled sweet explaining the pleasure of being able to suck it instead of having to chew it like softer candy.

I took this to be a rule. When one day I'd been handed a boiled sweet, I remember getting bored with it in my mouth half way through and ran to find my mother to ask her permission to chew what was left!

As an adult, I got a good job and career in psychiatric nursing and quickly rose to a management position by my mid-twenties. I married terribly when I was thirty-two, because I thought that everyone "should" be married by thirty, (most of my friends were), and so I chose out of panic instead of love.

Fortunately for us both, we ended that marriage three years later.

At the same time, my finances were in a mess and the divorce massively increased my monetary difficulties.

Love and money were issues I struggled with, and they mattered.

Not long after the break up of that marriage I had a new girlfriend who, a few months into our relationship, decided we should part company.

At the same time, Mrs. Thatcher, our Prime Minister, was revamping the National Health Service and closing the psychiatric hospitals. My career future suddenly became bleak.

It was then that I hit "rock bottom." Life seemed far too difficult and complex for me. I could not understand where I had gone wrong.

I'd "followed the rules" hadn't I? I'd got qualifications and all the outward trappings of a young successful, talented man's life. I had a wife, a job, a car, a mortgage and a moderate house to call home.

And it all fell apart!

It was only then ... at rock bottom ... that the gates to freedom began to open. It took me a while, but I let go ... of the fear of breaking the rules ... and began instead to choose my own path.

It took a while, too, to figure out how to influence that path so that things turned out - give or take a bit - the way I wanted them to.

But figure it out I did. These days, (I'm in my mid fifties as I write this), I have a wife I adore. I live in a gorgeous village in a home that overlooks rolling green hills - and I love it. I have a shiny silver Mercedes C Class - my dream car - parked outside, which I bought for cash.

And yes, I do what I love for a living - which is writing and teaching people to live from their hearts and follow their dreams.

The first vital step on that path is to learn to control fear so that you can take risks in life - and come out a winner.

My hope is that this short report will short-circuit what for me took a couple of decades to figure out. With any luck, you should be able to do this in a matter of days.

Should You Eradicate Fear?

First, I don't think that's possible. Even if it were, my answer would still be no. Managing fear is not the same as having no fear!

Daft as it sounds, the key is not to be afraid of being afraid! To have no fear would also mean to have no excitement, no challenges and really very little to interest you in life.

On the other hand, too much fear – about anything – can cripple or paralyse your life. I once met a lady who hadn't travelled for decades because she had developed a morbid fear of flying after a bumpy plane ride.

Another person's fear of needles was threatening his very existence because he was refusing treatment he desperately needed for his recently diagnosed leukaemia.

But fear can ruin your life in more subtle ways than that. Fear of loss has prevented literally hundreds of people I've met from starting up their own businesses and kept them locked instead in jobs they hated. Meanwhile their lives ticked by and they kept their fingers crossed that the pension they were accumulating would be enough to free them by the time they were in their sixties.

Several I can think of didn't even live to see their sixties.

I was going to put an exclamation mark after that last sentence, but I don't think it needs any emphasis now I've come to re-read it.

If you fear loss, failure, rejection ... those kinds of things, you will miss out on a huge number of life's opportunities.

Imagine being too scared to ask the person you are in love with for a date or a kiss!

Or to never write the book of your adventures or accomplishments in case one person tells you they don't like it.

Or never to sing, even though it's your absolute passion, because your parents told you you probably wouldn't make a living at it, so you should "stick to something safe."

Tens of thousands of dreams like these get shipwrecked on the rocks of fear year after year.

Life is for living, not for ticking all the boxes and following a lot of rules.

Now, I'm not advocating recklessness either. And I am certainly not advocating breaking the law or doing anything that would hurt anyone, including yourself.

I'm for balance – and part of that comes from living from your highest values. Part of the joy of life is in giving to others, helping people find their way, or making some positive contribution. Success is not measured by your bank balance or the size of the car you have in the driveway of your mansion.

Those may be trappings that show up as by-products of a successful life, but they certainly should not be the goal.

Those who want to sing, for example, hopefully want to sing to audiences who will enjoy their music. Good singers will make a lot of money because they genuinely make people feel good, not because the world owes them anything.

Asking for a date or that special kiss is about making someone feel special. Well, okay, it's making you both feel special, right?

So let's take a look at what fear is and why there seems to be so much of it about.

Fear has become so much a part of our daily lives that we often take it for granted. Yet it is the limiting factor in any realm of your life. Fear takes many forms, and in fact it is impossible for fear not to be present. More about this in a moment.

First, let's take a look at the many faces of fear, so that we know more about what we're dealing with. In case you're nervous, just notice that already you fear fear!

Whenever we think of fear, I suppose the most common image that comes to mind is the kind of fear that the movies have had us feel, - from King Kong and Psycho to our more modern "Horrors" such as the Alien films. In our everyday lives, we might have phobic responses to certain things: spiders, heights, open spaces or whatever.

We must learn to harness fear if we are ever truly going to feel that we live free. Fear is not something to shrink from, it is a signal. It's a call to action, a warning to be on our guard and to use our intelligence. It is not a reason to stand still. Did you ever see a rabbit get killed in headlamps? If you have, you'll know what I'm talking about.

The reason I say fear must be present is this: everything is polar. Now what in heck do I mean by that? Well, can you imagine everything being up with no down? Just think of it – everything is up! That's nonsense, isn't it? There can be no such concept. We couldn't conceive happiness either, unless we had unhappiness to compare it with. See what I mean?

Now, there are only two basic emotions, and every other emotion is an offshoot of one end of the pole or the other. One emotion is love, the other ... you guessed it – fear!

How can this be? What am I talking about: only two emotions?

Now then, I'm not going to keep you reading too much longer; soon I'm going to give you something to do - something that is going to put you in control of fear instead of the other way around!

But first I want you to understand where fear comes from in our lives. After all we're not born fearful. New-born babies experiment with pretty much everything that comes their way. Not only that, they just seem to accept themselves as they are. They don't worry they'll be judged as wrong, foolish or stupid if they make a mistake. So what happens? Why can't we do that?

For the first few months of life, we totally accept the world around us. Everything just is. What's more, unless we are very unlucky, we are accepted exactly as we are too. For a few short weeks throwing up on Aunt Mabel's best dress is perfectly OK because Aunt Mabel will just hand us back saying, "Aah, he's only a baby!"

But that doesn't last does it?

Do that at three weeks old and it's probably fine, but try it at three years, or even thirteen years and you are in trouble up to your neck, aren't you? We learn very early that certain aspects of us you just shouldn't bring out in public.

But it doesn't stop with such gross things as throwing up on your maiden aunt's clothing, does it? We are told that there are all sorts of bits of us that "simply won't do!" Perhaps we're too stubborn. Or there are vague threatening references to being "Just like your grandfather," or some other

unfortunate, possibly dead, relative who can't be there to defend themselves, let alone you.

It may surprise you, but one of our basic needs is to be loved. It's almost as basic as eating and drinking. Babies need touch and eye contact or they won't thrive. So once we have started to learn that there are unacceptable aspects of our personalities, we twist ourselves into all sorts of emotional contortions to try to maximise the amount of love we receive.

In other words, we begin to construct a mask. A mask of social acceptability. We begin to hide our true wishes and desires because we have learned that much of it gets judged "bad" or "wrong". And being loved is paramount. And behind the mask hides now a second mask – the mask of fear. The mask of "This is What I'm Afraid You'll See."

It is from this that we begin to question our own ability to succeed, even our own self worth. This is where the program I mentioned earlier, ["The Wellspring Of Success"](#) really comes into its own as it very powerfully and simply erases all that early negative programming.

[You can read more about it here](#)

Pretty soon, we feel nothing less than terror if anything or anyone should come close to exposing that mask. And yet if we are to live free we must not expose it, but re-integrate it. It's a part of who we are. A lost and suppressed part, but it's what makes us real, not terrible.

Now, can you see that we all our behaviour is thus either to acquire love or a loving response, or it is born of the fear that we are not loveable, (that is, we'll be rejected).

Nevertheless, a powerfully felt fear is, to the person feeling it, a force to be reckoned with, and it can wreck lives.

So here is a powerful process to eliminate or massively reduce those overpowering fears literally in a matter of minutes.

(Incidentally, if you would like a free mp3 recording of this process, you can get that as an extra bonus with [“The Wellspring of Success” only from the links in this report.](#))

The Fear Mastery Process

Find a comfortable place where you can sit undisturbed for about twenty minutes or so. Unplug or turn off phones, remove pets from the room and clear away anything else that might interrupt you.

The process works on the principle that it is impossible to hold two opposing emotions in your mind at the same time. Entertainment is entertaining for precisely the reason that while you are laughing at the comedian or dancing to music or engrossed in a movie or play, you can't be focussing on your daily stresses and concerns, for example.

You cannot turn a light on in a dark room and still experience the darkness. The light simply eliminates the darkness – you cannot experience both at once.

During this process you will need to open and close your eyes several times. If you do not have the audio recording of it, I suggest you read it several times to memorise the steps. Alternatively, get a close friend or relative to read it to you as long as you are both sure that they will only read it and let you process each step. You can't have a conversation about it while you're doing it – that would break up the experience and it won't work.

If you do have a reader, try to arrange yourselves so that the person reading is out of your line of vision.

Or, you could always record it yourself. Most computers have some free recording software installed, or you could download the free program "Audacity" which lets you record from the computer or an external microphone.

So ... are you ready?

Great! Here we go!

Sit comfortably – do not lie down – with your hands by your sides. Close your eyes and bring to mind the thing, situation or whatever it is that you feel so frightened of.

This is the only uncomfortable part of the process, but it is a very important step or you won't know if it's worked.

Bring it to mind as vividly as you can. Bring the images in your mind as close as you can manage, brighten the colours, hear any sounds with crystal clarity ... do everything you can to make this experience as close to real as you can ... without actually running out of the room, obviously!

On a scale of 1 to 10, with 1 being you don't really care, and 10 being unbearable, get it as close to 10 as you can. As soon as it's there at that level of intensity, take your right hand and squeeze your right thigh, just above the knee, for about three seconds. One ... two ... three.

Okay. Release your hand and open your eyes. The worst is over! Make a mental note of the level of intensity you felt that ... on that scale of 1 to 10.

It's all fun from here on!

Now, close your eyes again and this time bring to mind music that makes you feel good. It doesn't matter what kind of music it is ... it could be music you love to dance to ... music you sing at the top of your voice in the shower or in the car, perhaps, ... it could be classical music, jazz ... whatever makes you lose yourself ... that's it ... hear it

... loud and clear ... turn up the volume in your mind ... until the music is filling your experience ... moving you emotionally ... and physically ... reliving moments when music has filled your life ...

On a scale of 1 to 10, with 10 being you are totally immersed in the musical experience ... crank it up as high as you can ... make it as real as you can possibly make it ... and when it reaches the peak, take your left hand and squeeze your left thigh just above your left knee ... and hold it for about three seconds ... One ... two ... three.

Great. Now release your hand and open your eyes.

You're doing fine.

Close your eyes once more. This time ... allow your mind to find some memories of moments when you were totally relaxed ... chilled out ... not a care in the world. They may be moments on holiday, moments in nature ... moments with a lover ... sunny days ... moments of sheer beauty ... that took your breath away ... inspiring you ... the kind that uplifts you ... makes you feel so alive ...

That's it.

Bring the images you see close up. Make the colours vibrant. Hear any sounds with crystal clarity. Do whatever you need to do to intensify the experience. On a scale of 1 to 10, with 10 being that gorgeous feeling of being swept along ... immersed ... fully in the magic of those moments ... crank it up to a ten ... even an eleven!

And when it reaches the peak, take your left hand and squeeze your left thigh just above your left knee ... the same as before ... and hold it for about three seconds ... One ... two ... three.

Good!

Release your hand. Open your eyes. Opening your eyes clears the screen.

Okay. One more time. Close your eyes.

Now, this time, allow your mind to find memories of times when you laughed ... the kind of times when you thought you'd never stop laughing ... people who make you laugh ... the friend who makes you laugh the most ... your favourite comedian ... videos you've seen on Youtube ...

That's right. Some things just give you the giggles, don't they.

Feel it. Feel it inside ... bubbling up ... you can laugh out loud if you want ... there's no one listening ... anyway ... it's just so ... so ... funny ...

And on a scale of 1 to 10 ... with ten being you just can't hold it in any longer ... you're just going to have to burst out laughing ... crank it up ... to as high as you can get it ... like you were almost reliving some of those moments.

And when it reaches the peak, take your left hand and squeeze your left thigh just above your left knee ... the same as before ... and hold it for about three seconds ... One ... two ... three.

Good!

Release your hand. Open your eyes.

Now, you are going to close your eyes once more, but this time you are going to do something a little different. Be sure to follow these instructions exactly.

With your eyes closed, allow yourself to discover what happens when ...

...you take your right hand ... and squeeze your right thigh just above the knee ... just like you did at the beginning ... and whilst you're still squeezing your right thigh ...

Take your left hand and squeeze your left thigh just above the knee ... so you are squeezing both thighs at the same time.

Hold for three seconds ... one two ... three and now release just your right hand – but leave your left hand exactly where it is.

Keep your left hand there for another two or three seconds ... and then gently release that too.

Take a breath.

Now open your eyes.

And close them again.

And discover what happens when you try to bring to mind whatever it was that was so frightening for you before you started this process.

On a scale of 1 to 10, with 10 being unbearable, where is it now?

You should find the answer is a pleasant surprise!

That is the end of the basic process. If you are still finding the problem uncomfortable you can repeat the process again. However, I would suggest leaving it a little while, even as much as twenty four hours because your brain will spend some time "rewiring" and a lot of that will go on while you sleep.

If tomorrow you still find it uncomfortable, you can either do the process again or take advantage of the mp3 of this process which includes an extra "intensity reducing" process at the end of the recording. That recording is currently a free extra bonus when you purchase the "Wellspring Of Success" program through any of the links in this report. ([You can access it here...](#))

Summing It All Up

What you have just experienced is more than just a process to control fear – it's a real example of the power of your mind!

Assuming you've worked through the actual process, (something no one can do for you!), you will have noticed some change for the better.

You did that. I merely showed you where the buttons are – and all you needed to do was push them!

The rest of your life – your entire destiny – if you want to take charge of it – can be brought under your control too.

Imagine having the confidence to take the risks you want to take in life, to knock on the doors of opportunity – and to step through when they open!

How good do you suppose you would feel with the belief in yourself to make all your dearest dreams and desires come true?

This is just a stepping stone. It's a good one and a big one for many people. But it isn't the entire journey.

That's why I recommend ["The Wellspring Of Success"](#) to take you to the next level. It's easy to follow and incredibly insightful, filled with solutions to all kinds of problems – the common and the not-so-common dilemmas of life.

It's an excellent resource for anyone who is struggling to find happiness in love, business or just to have more self belief and confidence.

For more information, [click here to visit the official website.](#)

And don't forget – there's a free bonus of the audio of the process in this report if you purchase through the links here.

To your success and a fearless life!

Trevor Emdon.