

Get Rid of Your Worst Fears

in Less Than 20 Seconds
Using One Simple Tool of NLP



S.P.I.R.A.L.
MANIFEST

Your Goals with Ease, Grace, and Joy.

Patricia Gozlan

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*As we let our light shine, we unconsciously give other people permission to do the same.
As we are liberated from our own fear, our presence actually liberates others.*

Marianne Williamson

Have you ever told something to yourself but you do not actually believe it?

Do you tell yourself “I have moved on” when in fact you are still hoping that your boyfriend or girlfriend or loved one will come back?

Or tell yourself “I am happy” but the truth is you are not?

Some businesswomen think that they can control the economy during crisis while some of them think that they can lose weight by dieting. Are you like them?

Despite all your effort in changing the things in your life, you still get similar results. What you need to do is to change how you look at things and do certain new actions in order to get what you want.

This truth will hurt you but it is very important that you are honest to yourself in order to solve your problems.

Fear is something that is felt by almost all people and you could be one of them. Some of the biggest fears is the feeling of being abandoned, left alone and not seen, love or appreciated.

Fear is the prediction of some events that have not yet occurred but maybe sometime in the future and this is called false expectations that appear real.

Fear is not in the habit of speaking truth; when perfect sincerity is expected, perfect freedom must be allowed; nor has anyone who is apt to be angry when he hears the truth any cause to wonder that he does not hear it.

Tacitus

On the other hand, guilt is a bad feeling caused by something that had happened in the past. Both of them are illusions because the only real moment is the now and here as well as on how you perceive the now.



If you are like this, then you are living in the illusion while thinking that you live a happy life, that you are okay and that you can no longer improve. This is called as your comfort zone.

So, what is the best thing that you must do?

The answer to that is simple, face the reality.

All of us have personal issues or problems and we all have our own way of dealing them. Some people can easily deal with these problems while others struggle a lot. Sometimes, you think that your whole life is in chaos because your problems seem to be like a circle or in other words, endless.

When you are at work or in front of other people, you always laugh or joke around just to give them an impression that you are actually happy and that everything is okay.

But, are you at ease about this situation?

If your answer is yes, then you are truly a professional drama artist but living with this feeling of emptiness inside.

Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free

Jim Morison

Oftentimes, the lack of fulfilment has the following symptoms:

- Insufficient sleep; chronic feeling of stress and restlessness
- Thinking that life is not treating you well despite of all the efforts that you invest in your health, relationships and business
- Poor results and sense of emptiness inside; not feeling appreciated and loved regardless of what you give and do
- Mediocre results in business compared to the invested money, energy and time

If you choose to live in a lie, it means that you are taking the risks of drowning with it. It is like you agree to feel uncomfortable with yourself always.



This is the result of giving power to everything outside you instead of having a full control of your qualities and resources. You should recognize that you are a unique and perfect human being who deserves to live in total joy and prosperity.

Why do you lie?

By analyzing the circumstances, you lie to yourself because there is something that you want to prove. This is exactly the case of Eve when she was in the Garden of Eve. The Genesis 3:4 states that the serpent told Eve that she will die if she eats the prohibited fruit.

That is a lie and there are reasons why the serpent told that to Eve. First, it wants to prove that he is nice and eventually, earn Adam and Eve's favor. Second, the serpent has this huge desire that Adam and Eve will disobey God.

As a result, Eve ate the fruit and the serpent proved everything that it wants to prove.

Now, let us go back to your present situation.

You want other people to think that you are a nice person that is why you lie to yourself. For instance, you give an effort to be kind without knowing that you are already overdoing it and exceeding your limit.

Normally, we have this tendency to be pleasant with other people because we worry that we might be alone or get hurt. This is what we call inner prison.

In order to get rid of the whole drama, you end up lying to yourself including other people around you. You have this illusion that you are valued, understood, center of attention and loved just like the children.

Almost all children believe that Santa Claus truly exists. By agreeing and supporting this belief, are you making them a favor?

Perhaps yes in some cases and some degree. However, it is very essential to be straightforward because that is what prosperity and love is all about. Aside from that, telling the truth will allow you to experience freedom and success.



Why do you need to stop lying to yourself?

A friend will only tell you the things that you would like to hear.

However, a real friend who really cares and loves you would tell you the truth no matter what or put you in certain situation for you to realize the truth.

A friend will say that your dress is nice but a real friend will say that it is nice but does not look good on you. If you grasp the truth, then you dare to face reality and value honesty. This is the reason why those people who chase the truth are considered brave persons.

If you are really devoted to know what you want in life and your worth as a person, then all your worries about bad relationships, lack of enthusiasm or procrastination will melt away. If you want to feel special, you must first demonstrate it to yourself before other people.

Now, I ask you these questions. Do you still want to cover up the things and live in illusion that your whole life is okay or you are ready to face the mirror in front of you and see the truth?

You lie to yourself because you fear that when you see the reality, you will need to take action and you might fail improving your life.

As a result, you live a life only at 50% or even less and feel like crap.

When you look back into your life after several years, you will realize that if you only saw the truth, you could have taken the risk of living a life that you ever desire without any fears.

So, here is a way on how to start living your life with no lies, no excuses and no regrets.



Let us see how to get rid of your worst Fears in less than 20 seconds with one simple tool!

Aside from lying to ourselves, another thing that affects our daily life is our fears. We know how amazing the linkages of the human body are.

What we say, think and what we picture in our mind will determine what we believe, feel and attract. In simple words, the things that we do within us will determine our level of prosperity at that moment and even in the future.

For example, when you always criticize yourself that you are horrible or that you are a failure, your mind will accept that it is true. You make yourself believe that it is what makes you as a person and it will surely affect your everyday life.

These false pronouncements about yourself trigger the automatic and unconscious mechanism that makes you feel worthless.

When you choose to be in this state and have excuses to live in fear, you will feel unwanted, inferior and unloved. In addition, you will always struggle when dealing with other people because you have this anxiety that they will laugh or mock you. You have the tendency to become a loner, thinking that you do not belong in the society because of your appearance. If you are trapped on this situation, there is no doubt that your fear will eat you alive.

During one of the inaugural speeches of Franklin D. Roosevelt, he said that the only thing that people should fear about is the fear itself.

Its nameless, unjustified terror and unreasoning that paralyze the efforts needed to transform retreat to advance. This great quote is something that should challenge you to eliminate your fears.

What can you do about your fear?

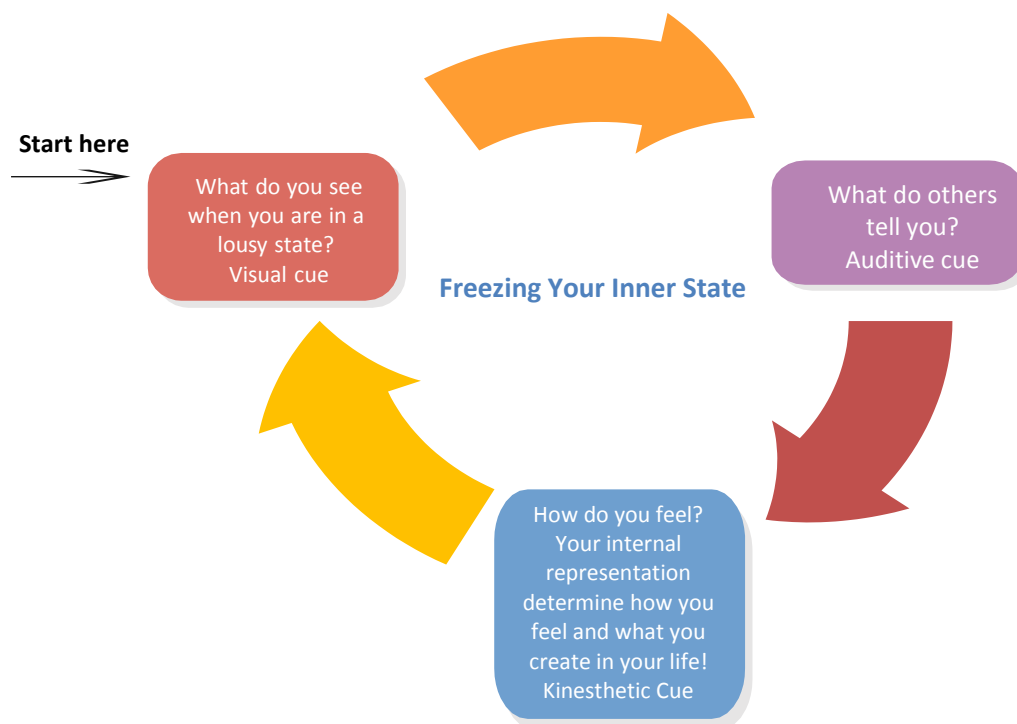
Fortunately, there is a way on how you can get rid of your most horrible fears in just 20 seconds by utilizing one simple tool of Neuro-linguistic Programming or NLP. As the first step, there are some questions that you need to ponder.



- Are you struggling at the moment? How can you tell that you are struggling?
- When you are struggling, what happens to your body and mind?
- When you contemplate about something, like business, economy or family, what do you imagine? What do you hear and what are the things that you tell yourself?

Now, provide answers to these questions that come from within you by saying it loud or by writing them down on a piece of paper.

Step 1:



- Determine the particular image that you see every time you are struggling.

- Is it like a film or just still image?



- Is it small or big, colored or black and white? Take note of these.

- While providing answers to the questions, give importance to what the voice within you is saying.

- What are the things that you struggle the most at this time? Pay attention

- to the words that you tell to yourself over and over again.

- Say these words and again, take note just like what you did a while ago.

Unconsciously, the story that you keep on telling to yourself is the same story that you tell to other people and this story keeps you trapped.

The images connected to your struggle are similar images which are triggered every time you believe that you are trapped on a certain situation.

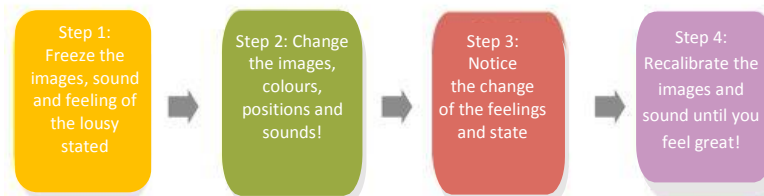
There is a reason why you need to answer the questions. This is because you live in the story that you tell to yourself while the film that you projects is the reality and both of them are just illusions.



How to get away from the trap in just 15 seconds? Here are the steps on how to do it.

Step 2:

Shifting Your State



- Be aware when you are trapped and then stop.
- Freeze the film or images associated to your trapped situation but do not judge yourself.
- Listen carefully to the voice within you, it can be soft or loud voice. Listen and pay attention to what it says exactly.
- Change the images or film to something that you desire as if you are the director of a movie. Change your fears to something more creative and fun.
- Change what the voice inside you is saying. Change the voice quality to sexy, gentle or caring as well as the content of your words.

When you tell a more motivating and better story compared to what you have before and you change the internal images of the films or images, you also change your focus and feelings. As a result, you attract real prosperity in your life.

Law of attraction: how to make it work and feel good on the spot?

There is a saying that people are happy if their mind chooses them to be.

So, if we want to change our life for the better, we can do it with a little help coming from the Law of Attraction.



There are some questions which transform reality. What would you do if you do not know the meaning of fear? If you do well in everything that you do, what would you think and feel? What do think your life would be right now?

Typically, you attract who you are and what you feel. However, this is in contrast to what you think if you blow the theater of your own prosperity. That is why you need to dance with your prosperity but how do you do it?

I have set in place this small rehearse theater that allows you to visualize all the things that you wish to visualize without allowing fear to disrupt or block them. Many of you will think that your brain knows that you are faking.

Yes this is true but only in the beginning. You will notice that your inner critic is resisting and telling you that it is impossible or that what you are doing is just a complete waste of time.

However, in the end, your mind power will never realize that you are just actually rehearsing. It will never identify the difference what is reality from not.

So your brain will act like you deserve whatever you imagine and begin to hasten the process of attraction by bringing into you the results that you ever wanted. When you know already the things that you want, your sense of freedom within you is felt by your body immediately. This is how success is created.

During my coaching sessions, your inner beliefs that stuck you from you inner critics and bad voice will be cleared.

As a result, your old wicked voice is changed and you goals will turn into reality. Your goals will all come true by having small but definite steps that will eventually lead to huge ones.

In line with this, it will be helpful to utilize the tools of energy psychology such as Emotional Freedom Technique or EFT. The best way to be prosperous both inside and out is to feel good and become better.



Final thoughts

Lie and fear is just in our mind but they have this ability to make us feel really bad and change our life. You may ask yourself why all the things that is happening to you is bad?

The answer to that question is just simple and definite. It is your responsibility because you attracted those things and by expressing that, you attract them even more.

In other words, it is all about Law of Attraction that is working by default without you knowing it.

The Law of Attraction merely states that whatever you do and think about, your life will surely attract them.

Your dominant thoughts look for its way in order to manifest. Whatever your fears are, you will attract them, same as your life will also attract your expectations either good or bad.

Fortunately, aside from energy psychology tools that work immediately in helping your mind let go of the things that you no longer need as well as the lie that do not serve you, there is a powerful way on how you can reorganize your beliefs and fear by using one NLP tool.

In my [articles](#) reports and [videos](#), I demonstrate on how you can immediately let go of your fear and trauma about what might happen in your business, future and in your life as a whole.

If you are currently having problems or fears, here is what we should do.

-I am offering 30 minute consult. Please go on the contact page on my site and fill in the form.

- You can explore my blog for more posts on how to attract more of what you want while savoring a balanced life by going [here](#).

- For those of you who are interested in participating in my offline prosperity café events you can e mail me [here](#) and you will be advised on the dates and



places where these events take place among savvy business owners in Italy or abroad!

And finally for those who are really ready to take a step further and live in prosperity and joy in their lives and in their businesses, for those who want to master energy tools to manifest health, love and abundance you can visit my contact page [here](#).



Get a free bonus power tip customized just for you!

After watching [the video](#) and doing the written exercises in this workbook, send me your completed workbook by e-mail and I will review it and send you a customized power tip to help you get the results you want.

Finally I'd like to leave you with some wise words of Esther Hicks in her book "Manifest your desires":

Anything that you give your attention to will become your "truth", The Law of Attraction says that it must. Your life and everyone else's, too, is but a reflection of the predominance of your thoughts. There is no exception to this."

To your success and joy!



Patricia Gozlan

