

## BREAKTHROUGH WEEK 2: SHIFTING FEAR TO POWER

FEAR: An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

“You cannot keep running away from fear. At some point in life you will have to build up the courage to FACE and OVERCOME them.” -[www.livelifehappy.com](http://www.livelifehappy.com)

### Welcome to Week 2!

Let's begin outwitting your devil, and start breaking through “upper limit” problems your ego created!

The belief system is ready to be changed.

YOU have written out the biography (your past), you're ready to re-write and override FEAR.

Outwitting the Devil, written by Napoleon Hill, writes a beautiful and powerful story about FEAR and IT being your ego. Your ego holds negativity like a vault, it's time to open and release what your ego (vault) holds and replace it with LOVE.

**Love is powerful. Love is more powerful than FEAR, when you access it.**

Last week we discovered that our past experiences fueled our positive emotions and our negative ones. We also talked about the WEIGHT of the negative experiences and its message system that was attached to it. You learned the power in you to choose love over fear, is an act of intention.

How'd you do?

What situations did you find you could “see” and shift the mirror effect with?

Where you able to move the emotions and triggers by becoming aware that it was only created by a story in your mind?

Breaking through and upleveling your thoughts takes consistent attention as you start this reflecting work. This week I'm introducing a concept called “UPPER LIMIT PROBLEMS”

Upper limit issues are all based on FEAR. Here is the scary reality of this: FEAR is where we are most comfortable. YES. We stay in FEAR far too often. Here's why:

**We are afraid of HAPPINESS, LOVE AND WEALTH.**

There are three FEAR quadrants:

1. I cannot expand to my full potential because.....
2. I cannot enjoy abundant love and relationship harmony because.....
3. I cannot expand to my full wealth potential because.....

These are the success limiting beliefs, because of our past story.

These false beliefs have been leading you and how you think. NOW, as you re-write and work on these mindsets and emotions you will alter the future self. You will be willing and able to create change.

**REMEMBER OUR PAST (EGO) DELIVERED FUNDAMENTALLY FLAWED BARRIERS.**

1. Feeling Fundamentally Flawed- (all those past mistakes, aren't I suppose to suffer?)
2. Disloyalty and Abandonment- (example: Why am I allowed to be successful, deserving?)
3. Believing That More Success Brings Bigger Burden- (Isn't it going to be or supposed to be hard?)

All of this adds up to ONE problematic subconscious pattern: I don't deserve to be happy so I'll sabotage my, wealth, happiness, success etc.

**Today, we break this believe of worthiness.**

We understand our ego played out our past in a negative way, our life and heart never had a chance with this perception. The past was a perception designed by EGO's will to keep you safe. It wanted you to never fail again, never pain again, never change. This wasn't our hearts will. This isn't your will.

## RISE and ALLOW NOW

### Week 2 Questions to contemplate!

1. Understanding your past mind, where can you see that EGO designed limits?
2. Where can you NOW see you have TRUE possibilities, while leaving your negative mind behind and allow for positive HEART mind to create your new reality?
3. What are you willing to write about YOU today that was left behind?
  - a. Memories of desires and dreams
  - b. Hobbies and idea's that where abandon?
  - c. What were your superpowers? Your gifts?

Final assignment for WEEK 2, OPEN UP YOUR NEW REALITY.

## SHIFTING FEAR INTO POWER

You're ready to start allowing and creating. What will you plan? What will you decide today that is no longer attached to your belief system? How will you protect that vision?

You have all the power in you.

You have the potential to design the life you desire.

Start planning!