

## Tools for fearless living with Carolyn Curtis

The power of the human spirit is immeasurable. You have all seen the terrible pictures of human misery on the news often the result from war or disasters. The human suffering that can accompany change in life can be enormous, yet I believe we are never given anything that is too much for us to handle – that is if we are prepared to go within and connect with the power within us.

So many people are afraid of change. Yet change is a natural process of life and since no two days can be lived exactly the same experiencing change is inevitable. From the moment of conception our lives are filled with change. From infancy to adulthood our bodies are changing constantly allowing us to crawl, walk, run, talk and all the time we are leaning new things about the world around us. With each new step forward we are also learning more about our own capabilities to cope with new experiences. Changes in our lives like moving house, changing jobs, leaving a relationship, illness or the death of a loved one can be very stressful and often people can experience a lot of anxiety, fear and or sadness at these times. So how can we learn to cope with these changes in life in a more positive way? I believe there are four

steps that can help you enormously and they are:

- β Preparing for change
- β Learning to let go
- β Nurturing our 'selves'
- β Learning to 'trust' in ourselves and in the process of life to support us.

So, how can we prepare for change?

Most of our fears around change come from one underlying fear and that is the fear that we won't be able to cope or handle whatever happens to us. In other words not believing in yourself, in your own capability to survive whatever happens to you. Is it any wonder! So many people go through life not supporting loving or accepting who they really are and celebrating their difference and individuality. They are so used to criticizing themselves that they constantly feel 'not good enough', and like a pebble thrown in a pond this experiences usually ripples out to their relationships and they find other people criticizing them. How can you break this cycle?

The place to start is with yourself! Simply stop criticizing yourself. Acknowledge and know that you are doing your best you can in every situation, coming from where you have come from and knowing what you know. Remember that criticism breaks the inner spirit where as praise builds it.



So if you really want to find that inner strength you need to nurture and love and accept who you are, knowing that you cannot be everything that others might want you to be but also they cannot be everything that you might want them to be. So you see, it works both ways! Saying positive statements to yourself is one good way of achieving this e.g. saying to yourself – "I love and accept myself exactly as I am". It may not feel true at first, you might hear a little voice in yourself saying something like "who are you fooling!!!" But if you say that positive statement to yourself over and over for the next few weeks, you will begin to feel yourself growing more confident and less

critical of yourself. Another way of really getting that message home to yourself is to look into your own eyes in a mirror and say these things. Remember how many times before you have looked in a mirror but only to criticize or find fault. Saying positive statements to yourself in the present tense can be wonderful way to empower, support and even forgive yourself. For e.g. Imagine you are on your way to an important interview. You could listen to your fears, that little voice in your head that just goes round and round telling you everything bad that could happen in the interview. Or you could decide not to listen to it and instead to tell yourself some positive, encourag-

ing and empowering statements like "I am a confident and articulate person, I am going into this interview feeling calm and it is all turning out perfectly." "If I get the job, wonderful! If I don't get the job, I'll handle it because it means there is something better out there that is on its way to me!" So you see what you would have done here is encourage and empower yourself to let go of your fears and also you have trusted in yourself enough to let go of the outcome of the interview, because you know you will handle it. After the interview instead of criticizing yourself for any mistakes continue with your positive statements e.g. "Well done, you did the best you could and I forgive you for any mistakes you made, it is all turning out perfectly for my highest good. I let go and trust that whatever is best is happening for me now." Remember everyone makes mistakes, its part of the human condition. The most positive thing you can do is learn from your mistakes so that you can do things differently next time. So now instead of being your own critical assessor you are your best friend, you are your support system and you know that whatever happens in your life, you'll cope brilliantly! You will have learnt how to support, empower and love yourself and thus you will find it easier to let go of any guilt or fear, about

the past, present or future. You will not need to find acceptance 'out there' because you will have cultivated it within yourself. You will have learnt to trust in yourself and in the process of life to support you and because you have this trust in yourself you will also find it easier to move out of your comfort zone and achieve things in life you might only have dreamt of achieving.

So begin right now, why wait until tomorrow, or the interview or whatever challenging experience is out there waiting for you.

Empowering workshops have a variety of course and workshops this Autumn in Cork, Clonakilty and Mallow to help you learn these and many other tools to improve your life.

The aim of these workshops is to motivate and inspire people to create the life they want by teaching them life skills and helping them to develop and use their own inner wisdom to create happier, healthier and more balanced lives. For more details see website [www.empoweringworkshops.com](http://www.empoweringworkshops.com) or phone Carolyn Curtis on 087-6419912.

**Carolyn Curtis will be holding her Transforming Fear Workshop at The Natural Healing Rooms on Saturday October 18th 2003. Address: 2 O Rahilly Street, Clonakilty. Tel: 023 34748.**