

## Talking Points for Fearproof Your Life

1. Modern human beings have innocently grown addicted to fear— an invisible mindset that sees the world as a threat yet is drawn to, like a moth to a flame, the negativity of life. The “Fear Industrial Complex” of advertisers, news stations, politicians, and all types of organizations—religious and secular, have capitalized on this addiction, in order to control people’s behavior—their buying, their votes, their beliefs, and their attitudes and values.
2. To fearproof our lives, we must simply have a shift in our perspective— to our natural native language of resiliency and hope. To be fearless we must realize that *it is us that have the power to create fear and take responsibility for our own creation.*
3. Fear is like an alarm clock. It is an innate mechanism to “wake us up” when we have fallen asleep into the hypnotic trance of conditioned thinking of our past and the thinking of others. Knowing this breaks the vicious cycle of fear addiction.
4. F.E.A.R. is False Evidence Appearing Real. We are the creators of our experience through our ability to think and to make our thoughts appear real through the power of our minds. Fear is like the superstitious rabbit’s foot of the imagination—“if I worry about it enough, it won’t happen.”
5. We have nothing to fear but fear itself. (FDR) Fear:
  - a. Makes us serious
  - b. Limits our choices
  - c. Shrinks our world
  - d. Divides us from others
  - e. Makes us less safe

- f. Destroys our health—physical, mental and spiritual
- g. Traps us into repeating the past
- h. Robs our children of their childhood of discovery, joy, play and laughter
- i. Raises our overhead financially by:
  - Not seeing opportunity only danger
  - Need for security systems
  - Health care costs
  - Violence
  - War
  - Abuse
  - Addiction
  - Greed
  - Selfishness

6. *The Benefits of a Fearless Life:*

- *When we are fearless we are inspired and open to change—ourselves, our world, and our future.*
- *We are more open to others, to new ideas, to opportunities, to risks, to thinking outside the box.*
- *We are actually safer because we have a 360 degree perspective and are not limited by our blinders of fear and prejudice*
- *We are happier, calmer and take ourselves less serious and are able to see the bigger picture of life, rather than focus on all the negative*
- *We can discern better who to trust and who to be cautious of*
- *We trust our Selves more—our gut instincts, our intuition, our dreams, inspiration and common sense*
- *We are free*
- *We feel grateful and abundant*

7. Fear is the superstitious rabbit's foot of the imagination—"If I worry about it, it won't happen."