

## 10 Ways to Live Fearlessly

I recently heard Margaret Wheatley speak at a coaching conference about fearlessness. One of the many interesting things she said that resonated with me was 'fearlessness is not being afraid of who we are.' To find out more about her work, read her article [Can I Be Fearless?](#) In it, she says 'fearlessness means we do not give fear the power to silence or stop us.'

So, how can we move forward, despite our fears?

Here are 10 ideas to ponder from *In Stillness Conquer Fear* by Pauline McKinnon, a woman who overcame her experience of agoraphobia using a unique form of meditation:

### 1. Set aside time each day to practise stillness meditation

Stillness meditation was developed in Australia in the 1950's by Dr Ainslie Meares and is the original form of therapeutic meditation. Introducing regular and deliberate times of mental rest through stillness meditation will bring about a depth of inner calm to change your attitude to living. Recognising physical tension and developing the habit of letting it go is the pathway to mental rest. Learn more about the stillness meditation technique at [www.stillnessmeditation.com.au](http://www.stillnessmeditation.com.au). When meditating, don't try to fit it in to unsuitable times (when you can't fully devote yourself to doing it) or rush the exercise as you'll find it impossible to achieve any kind of ease.

### 2. Cultivate an attitude of ease in your everyday life

This will stem from practising stillness meditation. In overcoming your fear you need to bear in mind cultivating an attitude of ease until it becomes the way you live.

### 3. Notice tension in your body and let it go

Notice when you're feeling tense and say to yourself 'I am tense. If I let the tension go, this feeling of anxiety or panic will pass. If I hold on to the tension, this feeling will increase and persist.' When you adopt this attitude, you can feel the tension and fear drain away.

### 4. Let go into your fear

To force and fight against your fear is to induce tension and that's what you're trying to stop. There's a vast difference between forcing yourself to do something and doing something with a sense of ease. No matter what the situation you're facing, Pauline suggests you think 'I will do this and I will do it calmly and easily, letting go of tension all the while.' Keep in mind you're easing your anxiety, not trying to control it.

*For more business, executive or life coaching tips and strategies to help you achieve your goals and create and live the life you've always wanted, visit [www.blueskycoaching.com.au](http://www.blueskycoaching.com.au) or to find out how you can work with me personally, contact Tania below.*

## 5. Stay in the present moment

Every time you recall former situations where you were afraid, let those memories go, as those memories keep fear alive and well. Keep your focus on success now, challenging yourself gently to move on. With every success, no matter how small, there is a pleasant memory to dwell upon, making the next time easier still.

## 6. Keep going

A sense of failure destroys confidence; but with every triumph, confidence will grow. No matter how apprehensive you may feel, never retreat. Go forward easily and apprehension will pass like magic.

## 7. Learn to cultivate a positive attitude throughout your whole life

Negativity and the pessimism it produces are powerful, but, once a positive attitude becomes automatic, optimism will dominate. Take every opportunity to make the positive work for you. For example, when stationary at a red traffic light, rather than continuing to grip the steering wheel, use the time to relax your whole body. When disappointment occurs, rather than viewing it as a catastrophe, look for the advantage it may bring in other ways.

## 8. Go for it!

As soon as you feel remotely ready to meet a challenge, go for it! But, approach it with an attitude of calm and ease. As you go from strength to strength, your life will become fuller and fear will be long forgotten.

## 9. Never give up:

Even if you've lived with high anxiety for a long time and a future without it seems beyond contemplation, you'll soon prove it otherwise. The worst is over!

## 10. Maintain constant awareness:

Remember, it's the constant awareness of the tension within us that's the green light to freedom.

*For more business, executive or life coaching tips and strategies to help you achieve your goals and create and live the life you've always wanted, visit [www.blueskycoaching.com.au](http://www.blueskycoaching.com.au) or to find out how you can work with me personally, contact Tania below.*