



THE FINERMINDS GUIDE TO AN  
**INSPIRED LIFE**



FINERMINDS

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# Are you ready to get inspired?

Hello there!

I'm Stephanie, the editor of *FinerMinds*, and your companion on this journey of personal growth.

I'm thrilled to present *The FinerMinds Guide to an Inspired Life*, because it's something that I truly feel could help you to live your best life.

You see, I've been through many times in my life where I've questioned everything: myself, my work, my happiness, my relationships... *everything*.

After going through the typical school-university-job cycle, I still felt unfulfilled... and I didn't know why. So, I decided to drop it all.

This seemed like a pretty crazy idea at the time — and it was.

Instead of going to a big corporation, starting at the bottom and slaving it out, chasing a dangling carrot that I didn't really want... I decided to listen to my heart.

And that took me a lot of interesting places — and now Mindvalley.

Now I get the incredible job of delivering amazing personal growth wisdom, life lessons and personal stories to the world, interacting with our readers and just generally helping to foster more positivity in the world... which is exactly what I hope this eBook does!

So sit back, relax and enjoy the content our authors have delivered for you. As always, I'd love to hear your thoughts, so feel free to drop me a line at [editor@finerminds.com](mailto:editor@finerminds.com).

Happy reading!

Love,



*Stephanie Murray*

Stephanie Murray  
Editor,  
FinerMinds by Mindvalley



# 25 Easy Ways To Wake Up, Feel Awesome, And Stay Positive

*By Joan Moran*



**Have you ever spent a night in fitful sleep, had disturbing dreams or just awakened at 3am with a mind so active you had to take a sleeping pill? Or are those just redundant questions?**

Oh, yes, you've been there. The thought of getting up is a real downer. You try to roll out of bed with a dry mouth and a body that does not want to move in any direction. Sitting up takes way too much effort.

Is this any way to greet the world? Is this your best face, your sharpest mind, or your most presentable body? You simply feel like the ogre in the movie Shrek. Grumpy describes your attitude and that's not a good look.

How could you feel any other way? There was unfinished business at the office yesterday, a relationship that is on the rocks, children who are not doing their homework, or a PTA meeting that you really don't want to attend. There is soccer practice, a piano recital and your resolve to get to the gym is thwarted by a lunch meeting the boss called. Sounds like a prescription to go back to bed.

So let's change this picture.

*Here are 25 ways to wake up positive and stay happy, stress free, and energized with creative fervor all day every day.*

## **1. Don't Move A Muscle**

Lie still. Ease into the present slowly. Let your mind and body connect without jarring movements.

## **2. Try to Remember Your Dreams**

Most people will say they cannot remember their dreams or that they don't dream at all. We all dream multiple times during the night. You can train your mind to remember your dreams by lying absolutely still without thought. Dreams reflect our unconscious feelings. It's worth paying attention to your unconscious emotional state. You might be enlightened.

## **3. Consider What Makes You Happy**

Choose 3 things that make you happy. Turn up the corners of your mouth into a big smile. Your happy thoughts will be forefront in your consciousness all day long.

## **4. Relax Your Body**

It's natural when you first wake up to think you feel relaxed but you might not actually be relaxed. We tense up at night and we might still be tense when we begin to wake up. Consciously bring your body to a state of complete relaxation.

## **5. Meditate**

Waking up the body is different for everyone. Some bodies and minds wake up more quickly than others, but a great way to enter the present is with an intention to meditate. If thoughts are running amok, try to clear your mind. Slowly roll out of bed and sit on a pillow, back against the wall and spend time (at the beginning 2–5 minutes) sitting quietly.

## **6. Align Your Energy**

A straight spine is essential for meditating because it aligns your spine so energy can move through your body unobstructed. Shrug your shoulders back and feel your sit bones rooting. Note your body's stillness.



## **7. Don't Think**

Meditation is not complicated. It is a process intended to let your thoughts go. You will have thoughts even with your intention not to think, but if you can't stop, what is most important is not to attach any emotion to the thoughts.

## **8. Breathe**

If your mind becomes active, focus your attention on your breathing. Extend the breath and you will continue to be in a peaceful state.

## **9. Focus On Breathing**

Find your breath interesting. After all, breathing is the essential ingredient for staying alive. It is your life force so honor it with attention.

## **10. Have An Attitude of Gratitude**

Your inner clock will begin to nudge you. It's at this moment that you begin the gratitude phase of waking up: name 5 things you are grateful for and smile.

## **11. Get Rid of the Negative**

Having negative thoughts at the beginning of your day is a definitely a bad risk for your well-being. Your brain wants to go into negative mode first. It's human nature to dwell on the negative. Resist the negative and shift focus to what is positive about your day and your life.

## **12. Don't Attach**

Don't attach to thoughts when you wake up. You've got the whole day to do that. Attachment fosters illusion rather than reality and causes stress and anxiety.

## **13. Let Your Most Pressing Issue Go**

The most pressing issue of your day will be in the forefront of your brain. Is it positive or negative? If it is negative, put a positive spin on it. You can turn any negative into a positive.



## **14. Stay Relaxed**

Your thoughts manifest in your mind and body. Notice how your body tenses with uncomfortable issues. Relax your body by taking a very deep breath and let the breath out slowly. Shrug your shoulders back and open your heart.

## **15. Think Yes Instead of No**

No means resistance is at work. Yes means possibilities and opportunities. Yes means being strong and willing to cross over a mental threshold and be surprised.

## **16. Stay Present**

Make an intention to stay present during the day. If you think future or past thoughts, reconnect with the present moment. The power of the day is in the now.

## **17. Eliminate Something From Your Day**

Make an intention to eliminate something superfluous from your day. Make it a practice to give up something daily. Non-attachment and is good for the soul.

## **18. Be With Happy People**

Make an intention to surround yourself with joyful, happy people during the day. Walk away from energy drains – people, places and things that stand in the way of your happiness and keep you stuck in the quicksand of the day.

## **19. Take On Positive Pursuits**

Invest in positive pursuits during the day. Keep the negatives away. If you are lacking in positive energy, negative energy will go after you. Do something that brings joy into your life. Go to the gym, eat a healthy lunch or call someone and acknowledge the gift of that person's friendship.

## **20. Stay off One Social Media A Day**

Eliminate one social media outlet a day. Stay off Facebook or Twitter and rely on your own energy to keep you positive.



## 21. Be Mindful At All Times

Take time for self-reflection. Assess how you feel inside yourself. Self-reflection is like taking your emotional and spiritual temperature. You don't need to know how things work or understand the meaning of life. Life just is. Live it.

## 22. Give No Excuses, No Blame

It's human nature to make excuses and to apply blame when things are not going well. Make an intention to take full responsibility for what you do every day.



## 23. Embrace Daily Challenges

Life is an opportunity — it's an opportunity to be the best that you can be. If you are thirsty, drink; if you are hungry, eat. Every thing you do has meaning and purpose and affects your creativity.

## 24. Exercise

Daily exercise promotes positive attitudes. Your neurotransmitters will be sparking away all day. Exercise in the morning – that morning walk is also meditative – noontime or evening. But do at least 20 minutes daily for good heart health.

## 25. Open Your Eyes

Open your eyes, turn on some favorite music, dance into the kitchen and make a great breakfast.

**Dive into the day with positive energy and full consciousness and greet your day as a gift to cherish. Your life will take on new meaning.**

*Joan Moran is a keynote speaker, commanding the stage with her delightful humor, raw energy, and wealth of life experiences. She is an expert on wellness and is passionate about addressing the problems of mental inertia. A yoga instructor, Moran is the author of "Sixty, Sex, & Tango, Confessions of a Beatnik Boomer." Visit her blog [here](#).*

# Tap Into Your Happy Chemicals: Dopamine, Serotonin, Endorphins, & Oxytocin

*By Thai Nguyen*



**We might not have a money tree, but we can have a happiness tree.**

Dopamine, Serotonin, Oxytocin, and Endorphins are the quartet responsible for our happiness. Many events can trigger these neurotransmitters, but rather than being in the passenger seat, there are ways we can intentionally cause them to flow.

Being in a positive state has significant impact on our motivation, productivity, and wellbeing. No sane person would be opposed to having higher levels in those areas.

Here are some simple ways to hack into our positive neurochemicals:

## **Dopamine**

Dopamine motivates us to take action toward goals, desires, and needs, and gives a surge of reinforcing pleasure when achieving them. Procrastination, self-doubt, and lack of enthusiasm are linked with low levels of dopamine.

Studies on rats showed those with low levels of dopamine always opted for an easy option and less food; those with higher levels exerted the effort needed to receive twice the amount of food.

Break big goals down into little pieces — rather than only allowing our brains to celebrate when we've hit the finish line, we can create a series of little finish lines which releases dopamine. And it's crucial to actually celebrate — buy a bottle of wine, or head to your favorite restaurant whenever you meet a small goal.

Instead of being left with a dopamine hangover, create new goals before achieving your current one. That ensures a continual flow for experiencing dopamine.

As an employer and leader, recognizing the accomplishments of your team e.g. sending them an email, or giving a bonus, will allow them to have a dopamine hit and increase future motivation and productivity.

## **Serotonin**

Serotonin flows when you feel significant or important. Loneliness and depression appears when serotonin is absent. It's one reason why people fall into gang and criminal activity — the culture brings experiences that facilitate serotonin release.

Unhealthy attention-seeking behavior is also cry for what serotonin brings. Princeton neuroscientist Barry Jacobs explains that most antidepressants focus on the production of serotonin.

Reflecting on past significant achievements allows the brain to re-live the experience. Our brain has trouble telling the difference between what's real and imagined, so it produces serotonin in both cases.

It's another reason why gratitude practices are popular. They remind us that we are valued and have much to value in life. If you need a serotonin boost during a stressful day, take a few moments to reflect on a past achievements and victories.

Have lunch or coffee outside and expose yourself to the sun for twenty minutes; our skin absorbs UV rays which promotes Vitamin-D and serotonin production. Although too much ultraviolet light isn't good, some daily exposure is healthy to boost serotonin levels.





## Oxytocin

Oxytocin creates intimacy, trust, and builds healthy relationships. It's released by men and women during orgasm, and by mothers during childbirth and breastfeeding. Animals will reject their offspring when the release of oxytocin is blocked.

Oxytocin increases fidelity; men in monogamous relationships who were given a boost of oxytocin interacted with single women at a greater physical distance than men who weren't given any oxytocin. The cultivation of oxytocin is essential for creating strong bonds and improved social interactions.

Often referred to as the cuddle hormone, a simple way to keep oxytocin flowing is to give someone a hug. Dr. Paul Zak explains that inter-personal touch not only raises oxytocin, but reduces cardiovascular stress and improves the immune system; rather than just a hand-shake, go in for the hug. Dr. Zak recommends eight hugs each day.

When someone receives a gift, their oxytocin levels rise. You can strengthen work and personal relationships through a simple birthday or anniversary gift.

## Endorphins

Endorphins are released in response to pain and stress, and helps to alleviate anxiety and depression. The surging "second wind" and euphoric "runners high" during and after a

vigorous run are a result of endorphins. Similar to morphine, it acts as an analgesic and sedative, diminishing our perception of pain.

Along with regular exercise, laughter is one of the easiest ways to induce endorphin release. Even the anticipation and expectation of laughter e.g. attending a comedy show, increases levels of endorphins. Taking your sense of humor to work, forwarding that funny email, and finding several things to laugh at during the day is a great way to keep the doctor away.

Aromatherapies: the smell of vanilla and lavender has been linked with the production of endorphins. Studies have shown that dark chocolate and spicy foods cause the brain to release endorphins. Keep some scented oils and some dark chocolate at your desk for a quick endorphin boost.



It's all about stepping into the drivers seat of life.

**Rather than waiting for happiness to magically appear, these strategies will act as a helpful catalyst in creating proactive habits for more happiness in life.**

*With a background as a professional chef and international athlete, Thai finds motivation to write because of the power words have to evoke positive changes and enrich people's lives. You can follow his work [here](#).*

# 15 Things That Happy People Don't Tolerate

*By Lesley Vos*



**We all poison our happiness in different ways, even without knowing that.**

Our fears, wrong decision making, worries... Yes, life is not a yummy piece of cake all the time, it can hurt us, but the real problem is not adversities... Our problem is the way we respond to those adversities and how we perceive the problem: wrong motives can lead us down simply, poisoning our life and preventing us from happiness.

What are all those things that poison our happiness every day?

## **1. Jealousy**

This green-eyed monster rears its head from time to time, and some people exude it to the point when it can easily ruin their happy relationships. Moreover, jealousy influences both our physical and mental conditions, which, as you understand, does not make any person happier. Set yourself free from jealousy, and you'll see how happier you become.

## **2. Superficial Things**

What do you want from this life? Money, cars, brand clothes? If so, we have to admit that you are poisoning your happiness right now. They often say, the happiest people are those who give, not those who take; so, try not to be eager for superficial things only, as they will lead to nothing but dissatisfaction with your life.

## **3. Regrets**

We all regret something from time to time; this feeling is hard to avoid, and most of the time we regret something from our past. Something that can be called a mistake. But you can't change the past, can you? Mistakes are here to teach us and tell that the certain path of our life has ended. Just try another road.

## **4. Fixing Other People**

How often do you have a feeling you should "fix" some people, help them choose a right way, give them advice, etc.? Do you understand that such a behavior will never let you focus on your own happiness? Admit the fact the only person you can control and change is you; focus on yourself, and you will not need to search for anyone to "fix" and feel happier because of that.

## **5. Grudges**

Your grudges will always hold you back. They will fester within your soul like a cancer without letting you move forward and live your life to the fullest. You must understand, that some things in this life are out of your control; and if you can't control or fix it – just let it go and keep living.

## **6. Selfishness**

No one likes selfish people who think of nothing but themselves, and want things their way only. If you are a selfish person, you may soon find yourself unhappy and alone, because most people do not want to have any relationship with such a person. It is better to examine your life to understand what could lead you to selfishness and try to change it.

## **7. Living In The Past**

What does it mean to you if you live in the past? It means you are not satisfied with your present; but your happiness lives "here and now", that is why it is not surprising you do not feel it. Our past was called "the past" for us to let it go and move forward. If you still live in the past, it is high time to change something in your life. Career? Place of living? Priorities? It's you who should analyze your life and make some changes to feel yourself happy.





## **8. Fear**

Release your fears and do not let them poison your life and happiness. As Ralph Emerson said, “Fear defeats more people than any other thing in the world”. Try to do something you are afraid of doing from time to time, and you will defeat your fears by all means.

## **9. Pessimism**

Your thoughts and words have a big power of sending signals to the world; so, if you are pessimistic and “negative” all the time, such an attitude can lead you to unhappy life; and this unhappiness will follow you like a virus, you know... Try to change your thoughts for the better, working on your negativity: find a new hobby, read, try exercising, etc. Everything that makes you feel better about yourself will work here.

## **10. Dishonesty**

Your dishonesty will lead you to nothing but isolation and unhappiness, as no one will be able to trust you and make friendship or partnership with you. Dishonest people alienate themselves from others, and their alienation poisons their happiness much.

## 11. Prejudice

Being a prejudiced person, you can hardly be happy. Moreover, prejudiced people often spew unhappiness to others, and they always look for a good moment to unleash their anger onto other people. They believe it can make them feel better and happier, but it is not true. What's more, they make everyone around them unhappy too. Just try to find strengths to confront all issues of prejudice; believe us, it will help you a lot.

## 12. Stress

If you often feel yourself stressed, it is high time to think of drastic changes in your life. Stress is unhealthy for your physical and mental condition; and a person can hardly be happy if they have constant stress. Get rid of all unnecessary things in your life, as sometimes it can be the only way to improve your happiness.

## 13. Self-doubt

When you doubt yourself constantly, such a condition may become the reason of your unhappiness. Doubts may turn into negative self-talks and lead to a deep feeling of dissatisfaction and unhappiness. Talk to your friend, or any close person who can listen to you and help you deal with the feeling of self-doubts; or start doing something helpful for others to feel yourself needed and ready for changes.



## 14. High Expectations

Admit the fact all people can't meet all your standards and expectations of them, and they will never attain them. As a result, you risk to be disappointed in people; that leads to your unhappiness. Free yourself from high expectations of others, because every person is individual, and they can't always give what you expect from them. A happy person is one who is free.

## 15. Dependence

We mean your dependence on others here. If you wait for a person who will make you happy, and if you always rely on others for your happiness – you will be waiting for a happy life for a very long time, because happiness never comes from other people. It comes from yourself only. We can be happy with some people, but we should not depend on them completely. Look within yourself, and you will find true happiness and joy there.

Do you consider your happiness poisoned after reading this article? We hope it also helped you find out what exactly prevent you from being happy. Seek happiness from within anyway: pray, meditate, do whatever you need to feel yourself better – and your happiness will follow you by all means.

*Lesley is an author and [blogger](#), and she writes essays about learning techniques and their use in educational practice. She believes that writing is one of the most important and inspiring skills that students need to develop to communicate well and find their path in this life.*

# Forget Money: 7 Ways To Create More Abundance And Live Rich

*By Vishnu*



*“Abundance is about being rich, with or without money.” ~ Suze Orman*

**Many of us struggle with money, or rather, the lack of money in our lives. And even if you have enough money, it feels like you don't.**

At different points in my life, my work provided me with enough money. For example, when I was working as a lawyer, I was compensated well. But, interestingly enough, I felt that I didn't have enough money. I was always running short, incurring debts, and focusing on how I needed more.

Other times, I've had less money from lesser paying jobs, and felt an even greater lack of money in my life.

It's taken me a while to realize that when we focus simply on money, and on earning more of it, we are in a losing battle.

When you think about earning more money, you're already starting from a place of lack.

I realized that the key to earning more, having more in your life, and being fulfilled has little to do with money; it has to do with your state of abundance.



When you're living a rich life with blissful experiences, you'll create more abundance. Sure, the money will follow, but you'll also experience unlimited joy and bliss.

Stop thinking about money and live a richer life by using these 7 strategies to create more abundance:

## **1. Create more “feel-good” experiences.**

You don't need money to feel good. There are many, many things that you can do for free, but that create a priceless feeling in your life. When you do things that you're passionate about or that make your soul sing, you'll raise your internal vibrations. You'll operate from a place of bliss and joy.

### **Action steps:**

Do more work that brings you joy. Look for alternatives to your current career and think about transitioning to work that fulfills you. Spend time helping and serving others. Use your skills to bring happiness to people around you. Donate your time or money to alleviate other people's suffering.

Be willing to say “no” to obligations and situations that don't bring you joy. Stay away from toxic people and people who compare you. Bow out of obligations that deplete you of energy, or that create negative energy in your life.

## **2. Become aware of all the miracles in your life.**

*“To me, every hour of the day and night is an unspeakably perfect miracle.” ~ Walt Whitman*

There are small and large blessings continually happening in your life. You hardly notice them, but you can change that by becoming more aware of all the good things unfolding in your life.

Extend gratitude for all the small and large coincidences, kindnesses, and magnificence that come your way.

### **Action steps:**

Write down 10 things daily that you're grateful for. Do this first thing in the morning, last thing at night, or both.

Acknowledge something that works in your favor, a surprise that delights you, or something that goes your way. Send a silent prayer of gratitude when positive things happen to you.

Be grateful for small things that make you smile: kindness, truth, someone helping you, beautiful weather, chirping birds, or even a blissful, quiet moment.



### **3. Make space.**

You can allow abundance in your life only if you create space for it. Much of our day-to-day existence is filled with toxicity, negativity, and anxious thoughts. Most people are caught up in a past that they can't change, and uncertain about a future that isn't here yet.

#### **Action steps:**

Start living more in the present moment. Take note when your mind slips back to the past or ahead to the future. Use mindfulness techniques to remind yourself that now is all you have.

Cut ties to toxic friends or acquaintances who make you feel inadequate about yourself.

Commit to healing your wounds, making peace with the past, and becoming whole by practicing self-love. Treat yourself with kindness, love, and compassion.

### **4. Forgive and let go.**

When you're mired in negativity and anger, you block abundance. One key principle to clear the blocks in your life and to allow for more miracles is the "F" word: Forgiveness.

*"Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness." ~ Marianne Williamson*

**Action steps:**

Forgive as an action of compassion for yourself. No matter how great the wrongdoing or the trespass, find the strength to forgive. Let go of the coal of burning anger and bitterness in your heart.

Try to have empathy and compassion for the person you're forgiving. Use forgiveness as a spiritual practice to let go of the burning pain and sadness in your heart.

Choose to release the grudges that you're holding in your heart. You don't have to reconnect with the wrongdoer, but by holding onto the grudge, you allow him or her to hurt you repeatedly and daily.

Forgive so that you'll sleep better and breathe easier.



## 5. Respond to every situation with love.

*“If you change the way you look at things, the things you look at change.” ~ Wayne Dyer*

You can't change what happens around and to you, but you can change what's in your power—your perspective.

When you're confronted with anger or simple daily irritations, choose to see the circumstance or person with love.

### **Action step:**

Choose to see love instead of what's happening.

Use compassion, empathy, and understanding to see where the other person is coming from. When someone treats you with anger or contempt, respond with peace and love.

This is not something that you can do overnight; it's a practice that must be cultivated over time. Learn to shower your anger and judgment with compassion so you can emit love to all those who hurt you.

The next moment you're irritated, infuse the situation with love.

## 6. Live with joy.

Some people say you should live it like you've already received it.

You don't have to experience a false sense of abundance. Instead, live with joy now. You already **HAVE** received it. Your ability to experience joy and abundance is in your hands at this very moment. You're blessed beyond belief.

If you live like you know this, you'll be experiencing a state of contentment, fulfillment, and happiness, which brings more joy and abundance into your life.

### **Action step:**

Experience and embrace the joy in your life today.

Consciously be aware of what brings you joy and do more of it. When you find yourself doing activities or being with people who, make your soul sing, appreciate the moment. Seek more moments like it.

The more you embrace abundance, the more abundance shows up.





## 7. Celebrate other people's abundance.

The universe is generous and abundant.

As humans, we are filled with jealousy, lack, and envy when the universe delivers to others. When other people get new jobs or exciting opportunities, you might respond with disgust.

When you repel abundance for other people, you're filled with negative and lacking energy.

### **Action step:**

Get excited for other people.

Universal energy is all encompassing. Think of what the universe has delivered to others as a gift for you as well. The universe is being generous with the people you know; this must mean that more is on the way.

When you welcome universal gifts that others receive and celebrate other people's blessings, you'll open your heart to receiving more gifts and blessings yourself. Be appreciative of and genuinely thankful for the achievements and opportunities of others.

The more you celebrate others, the more readily the universe will celebrate you.

At the end of the day, it's really not all about money. Money is so limiting, and when you don't have it, you feel lack and insufficiency. Instead of focusing on money (or your lack of it), spend your days removing your blocks toward abundance and cultivating more abundance in your life.

**Forget money. Live a fulfilling and rich life by cultivating more abundance.**

*Vishnu is a writer and adversity coach who helps people start over in their relationships, career and life. To grab the free video series on how to comeback from rock bottom, visit [Vishnu's Virtues](#).*

# The Truth About Fear: Why It Exists And How You Can Beat It

*By Marisa Peer*



**As a behavioral and hypnotherapist, I have had countless clients over the years tell me that a certain fear or phobia is constraining their life, and preventing them from reaching their full potential.**

Whether it's a common fear such as public speaking, or a more unusual one such as fear of a particular animal or object, I always tell my clients the same thing: almost all of our fears are acquired, which means that we're not born with them and we have the power to get rid of them.

The best way to dissociate irrational fears is to identify the root cause of them. For example, fear of public speaking is always a fear of being judged and then rejected. Giving a speech magnifies this fear because if you mess up or sound unintelligent, there is an entire audience present to witness your failure and judge you.

Fear of a certain food, place, or activity may trigger a memory that was very unpleasant or harmful in the past. In this case your fear is somewhat irrational, as you have forged a negative association with something that's very unlikely to happen to you again.

**Central to my practice as a therapist is the idea that the mind controls everything — whether it's fear, addiction, compulsion, or your body's inability to carry out a normal function.**

Just as your mind has always told you to be scared in a certain situation, it can equally tell you to not be scared in the very same scenario. The important thing to remember is that you are in control of your mind, rather than the other way around.

How you feel about something — whether it's a certain food, place, or activity like speaking in public — is entirely dependent on two things: the pictures you make in your head and the words you say to yourself.

Think about how you might feel happy to hold or touch a ladybird or butterfly, but doing the same to a cockroach or moth would be terrifying; all four are insects that crawl or flutter, but the former two are positively associated with being cute or beautiful while the latter two are thought of negatively as pests.

If you have a fear of injections, it's because you link pain to the idea of an injection, but if you're already in extreme pain you'll start to link pleasure to an injection.

**If you can change what you link pleasure and pain to, you can begin to alleviate your fears.**

Think of two people who are sitting next to each other on an American Airlines flight from London to Los Angeles. One is thrilled that they are about to go on holiday and their mind is full of thoughts of sunshine, convertibles and movie star sightings.

The other is dreading the takeoff, certain that terrorists will target the plane because it's an American Airlines flight and terrified that any turbulence will bring down the aircraft.

Both individuals are on the exact same plane, subject to the exact same level of risk, and have the same level control over the situation (very little). Yet the person who has formed positive associations with the experience is suffering much less. You can choose to be the former person to overcome your fear.

**Even if you've had an extremely negative experience in the past that causes your fear today, there are certain physical changes you can consciously make to your body that will help trigger a calming reaction.**

For example, lowering your shoulders and swilling saliva around your mouth counteracts the natural reaction to fear (i.e. tensing up the shoulders and getting a dry mouth).





At the same time, tell yourself the opposite of whatever your fear is by using a positive affirmation: “I love insects, they are part of the beauty and perfection of nature” or “I love flying on this plane because it’s taking me home to the family I love.”

While you may not believe your affirmation the first time you say it, with repetition and belief, it’s amazing how your mind will respond. Try it today.

*Marisa Peer has spent 25 years working with an extensive client list including royalty, rock stars, actors, professional and Olympic athletes, CEOs and media personalities, and has developed her own style that is frequently referred to as life-changing. Marisa is a best-selling author of four books and is also the nutritionist for Men's Fitness Magazine, therapist in the Sunday People's Heart to Heart column, and has her own weekly Mind column for Closer Magazine.*



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