

A Complete System To

Break Free from your Fears



Anjue Hirachund

Break Free from your Fears

A COMPLETE SYSTEM TO TRANSCEND YOUR FEARS

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BREAK FREE FROM YOUR FEARS

**You can make the choice to become a victim of your fears
OR you can push them aside, become courageous and stronger.**

**In this eBook, you get to understand the root cause of fear and
how to conquer fear to realize your greatest potential.**

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Introduction

If you look around you, at work or in your social circles, or even around the world and look at people playing at much lower than their highest potential, not achieving the levels of success and happiness that they desire and you ask yourself **WHY?**



The answer is simple and can be stated in a single word:

FEAR!

Fear is the primary limiter of achieving greatness in your life.

Fear keeps us small. Fear keeps us from living our best lives.

Fear keeps us from living our authentic lives.

Fear keeps us from opening our hearts to love.

Fear keeps us from experiencing the richness that life has to offer.



I know exactly how this feels

As I shared my frustration of the day especially of that horrible meeting that I had attended earlier on that day, Lisa my coach looked at me with this quizzical expression on her face, as if to suggest that she knew that I already knew what the underlying problem was. I was telling her about my colleague who got really upset with me when I responded to another colleague in our executive committee meeting. It was the oddest thing that I had experienced. It was as if my response had made him not just angry, but extremely angry. He turned red in the face and spoke in a very threatening tone as if to suggest that I should just keep quiet. I should not say another word. My utterance had nothing to do with him but he seemed to have taken offence to it. I was taken aback and very confused. I knew that I had to resolve this outburst outside of the meeting with him alone so I did not retaliate and succumbed to his outrage for the remainder of the meeting. That really bothered me though.

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"You know this", Lisa said to me, "you frightened him with your words, your knowledge, your wisdom". She observed that I had triggered a deep fear in my colleague which projected itself as anger towards me. She was quite right.

Knowing what I knew about my work environment at that time, I realized that before he got angry, he actually got frightened. I said something which triggered an ancient wound, or a fear based belief which set him into projecting extreme anger. I knew that he already felt very threatened by my existence in the office. This particular colleague was not happy that I was being mentored for the CEO role. He felt that he was more deserving of the position than I was.

As a result, he was actually experiencing a deep lying fear of not being good enough. In addition, there was a fear of rejection which was playing out. He was disappointed that our board of directors did not feel that he would be more suitable for the role of CEO than me even though he was at their beck and call any time of day.

When this happens and you realize that you are angry at something or someone, it is an opportunity for you to dig deeper. It is another opportunity for you to get to know yourself better. You can reflect on this anger and try to recognize what is that deep fear that is playing out, that is actually limiting you.



The next time that you find yourself becoming angry, ask yourself:

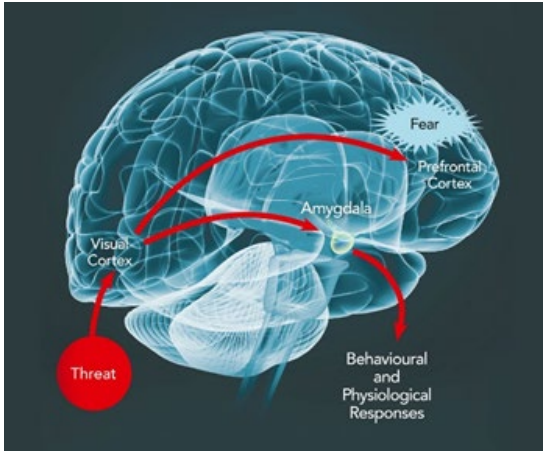
What did I just get afraid of? What is it about what just happened that frightened ME?

So let us get to understand this big bad wolf!

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What is Fear?



Fear is that physiological fight-flight-or-freeze response that is triggered when you encounter a threat to your emotional or physical well-being. This is our brain and body that is working as it was designed to do, on a default survival-mode in order to protect us.

Fear is an emotion created by your mind based on real or imagined threats. Fear may be completely founded in reality, or not at all. It may also manifest as anxiety disorders in some cases, as anxiety that is based on worries or fears about the future.

When you're afraid, you'll feel your heart beat faster and your breathing quicken. You may feel a "pit" in your stomach, feel dizzy, sweat or get a dry mouth. Your muscles may feel more tense or weak. These are all results of your body sending extra adrenaline and blood to your muscles and brain. It's preparing you to fight or flee – only problem with this is that it often happens in situations where we don't really need to fight or flee.

These imagined scenarios of perceived threats end up feeding your fear to the point where it becomes all-consuming. Often, these scenarios never actually materialize.

What is the Value of Fear in Our Lives?

The real issue is not the fear itself, but rather how we hold it in our minds. More often than not, our fears are not real. They are pure mental constructs. They are hallucinations or stories that we tell ourselves on how things will play out but this is not based on any truth.

The very fact that we are human means that we have fear, and we will always have fear of some kind or the other as we move forward in our lives. When fear appears in our lives, it is once again an opportunity for growth so that it does not hold that power over you again as you move through life. Always remember that "the top of one mountain is always the bottom of the next" so when you overcome one fear, another awaits you in the future and each time you face your fears and move past them, you become stronger, you become more resilient.

This is our journey of life. It is a constant exercise of experiencing fear, assessing these fears, moving through it with the tools that you will learn and then having to deal with the next series of fears as they appear in your journey of life.

Once you are able to have this awareness of fear and how it actually plays out in your daily life, you are better placed to deal with this fear. When a fear appears in your life and by you

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knowing how to recognize it, you can make better choices for yourself, be it in your personal life or your work life to achieve the best outcomes for YOU!

Always remember that on the other side of FEAR lies your best life. Fear is a giant opportunity to get to know yourself on a whole new level. If you really want to know what is limiting you in your life, limiting you from your own personal greatness, you must realize that it's your fear.

Your fears are signposts of where exactly you need to grow! And once you get that growth, you are actually able to get to the next level of your life. So fears are actually not bad for you! Fears are actually wonderful teachers and yet most of us run away from our fears. We tend to look for escapes from our fears.

If there is something that is frightening us, if there is something that is frustrating us, if we are afraid to take a risk, or let's say we are afraid to have a difficult conversation, so many of us escape into soft addictions like binging on TV, Netflix, eating or even needing to be in the company of people rather than just confronting those fears. Sometimes we restructure our entire lives instead of simply dealing with those fears and as a result those fears own us, we cede our power to influence our lives to fear.



When you begin to recognize your fears, own them and run towards them - those fears actually begin to shrink and guess what, they will begin to leave you! Get to know your fears and notice how much more confident you get. Every time you move through a fear, you grow and you do become more powerful. This is a constant upward spiral of growing your confidence and your power as you move through each of your fears as you move through life leading you to living your best life.

How Does Fear Manifest Itself and Play Out in Our Lives?

So many of us think that fear is that big something that is that sweat generating, heart pumping type of thing. But Fear comes in so many ways. Fear is not only that one terrifying feeling that we face when we are in a very dangerous or scary situation.

Fear also presents itself in our daily lives – in our relationships, when we are at work, at home, when we are driving to work, when we are alone – you may not realize that these too are fears. Our daily fears include the fear of taking risks, fear of managing change, fear of opening up our hearts to someone, fear of losing control and fear of rejection. It also lies behind our anger, our negativity towards someone or something and our desire for perfection? When you look at someone wanting perfection, there is also a fear. Think about it – it is a fear of not being good enough, a fear of being a failure when not everything is 100% perfect.

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When you look at people's limiting beliefs - Being afraid to be authentic, of being who they truly are is a form of fear; Having a need to always be in control is another form of fear. This could be the fear of the unknown or the fear of being controlled.

Let's say your organisation is going through a lot of change. Your industry is changing, the organisational structure is changing, maybe you are in sales, and due to the pandemic and the economic impacts of it, you have a lot of anxiety because you have not met your target for the past year and now you may be on the chopping block! Now if you stop for a moment, you will realize that behind that anxiety, that frustration, lies FEAR! Fear of failure or fear of losing your job.

How about anger? Before anger comes fear. Think about it carefully, before anyone gets angry, what do you think happens...they actually get frightened?

Once you get to know the fears that are playing out in the various areas of your life, whether it is at work, in your relationships, with your finances, when you get to know those fears, by actually standing inside of those fears, and not running away from those fears, you will actually be able to get the growth that will take you to the next level.

Where Does Our Fear Come From?



We pick up our fears from the people who actually teach us how the world works. More often than not, most of our fears come from early on in our childhood. They are core beliefs that have been built into our subconscious mind by our parents, teachers and other influential people around us early on in our lives. Without blaming our parents or our teachers, it is important to know that as children we usually modelled our parents to get their love and attention. More often than not we always craved the love of our mother or father and as a result, at a sub-conscious level we tried to become like them, we begin to act like them and sadly, we assume their fears also.

As an example, if your dad was one who feared taking risks, then you as an adult may also have this fear of taking risks but you may have not realized where it stems from as yet. In fact, you may not even be aware that you have this fear of not taking risks.

Our fears are a lot like an iceberg. The tip of the iceberg is only our conscious awareness and most of our thoughts and beliefs lie deep in our sub-conscious, underneath the water.



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Therefore the job of a highly evolved human beings, dedicated to living their best lives and living their dreams like yourself, is to get under the water, know your sub-conscious and to get to know those fears that you don't even know you have but are limiting you in your life. It is very easy to say that I don't have any fears but when you become aware of your resistance to taking action or your emotions, you will realize that you do have fears, the same fears that most people have. We don't know what we don't know.



All of us has this shadow side. On this side lives our fears. If we are not able to get to know this shadow side, understand our fears, we will not be able to hold them up to the sunlight, bring them into our awareness so that they can begin to dissolve and let the light shine through our lives forever. This is not as easy as it sounds but this is where we need to have courage. This is where we need to take action.

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So many of us go through life as if everything is perfect. We put on our social masks so that others don't get to see our fears. However, we are all struggling with the same things. Every single one of us struggle with the following core fears simply because we are human.

Our 12 Common Human Fears

1. Phobias of One Kind or Another

Phobias are another common type of fear – as many as 12% of adults experience a phobia at some point. This is an extreme fear of a very specific situation, object or animal. Spiders, heights, public speaking and being in enclosed spaces are a few well-known phobias.

Think about the fear of public speaking – you are afraid that if you get up and share what you have to say then perhaps you will fail? Or perhaps people won't like what you have to say? Or perhaps you will look foolish?

Our default thought pattern as human beings is to see the outcome of any situation from our own subjective lens. This negative chatter that goes on inside our heads is as a result of our fears lying deep in our sub-conscious mind.

The important point to remember is that "what you resist in your life, will always persist" and "what you befriend will actually transcend in your life" so it's best you get to befriend and understand your fears so that you can let go of them, you can transcend them.

2. Fear of Failure



Everyone struggles with a fear of failure. You know that there can be no success without failure. When you think logically about this fear of failing, you are actually running away from being successful. If you look at the most successful people on our planet, the individuals who achieved the most are the ones that actually failed the most.

Failure is part of the process. It is part of the journey to your success, so rather than running away from it, embrace it. Failure is your invaluable market research. You get to see what's not working so that you can take steps to make it work. This fear of failure, of what might go wrong can lock you into a state of paralysis so much so that you do not take any action towards achieving your dreams and living your best life.

3. Fear of Success

This fear normally exists in the realm of the subconscious. It stems from our upbringing, our cultures, and our core beliefs that are ingrained into our sub-conscious mind. So many people fear great success because of "what others may think?", "you may stand out", "you will get victimized", etc. When this happens, we fail to take action and move one step closer to achieving the success and the happiness that we desire, and that we deserve in our lives.

4. Fear of Rejection

Almost every human being struggles with this fear of rejection. We don't ask for what we want because we fear that we may be rejected. We don't open our hearts to more people because we fear being rejected. Our fear of rejection is based on an assumption that we will be rejected.

We must accept that most of us are not brilliant at mind-reading and as a result we so often make up assumptions of what someone else may say if we ask for what we want. It is a common limiting belief.

The only way to find out the truth is to take the risk. The only way is to have the courage is to ASK for what you want! We are so afraid of what people will think of us that we prevent ourselves from living our dreams. We get so consumed by our assumptions of what others will think of us that we give up on our own dreams.

5. Fear of Not Being Good Enough

It is always very easy for most of us to think that the most successful people in the world, or even those around us, do not struggle with any self-esteem issues. Yet when you go deep and study these people, you will find that they too have fears of not being good enough.

Psychologists refer to this as the **impostor syndrome** when people put on a social mask and behave in a way that he/she thinks they need to in order to look successful and powerful. Humans tend to do this because of our perceptions of what others expect us to be like or to look like – we tend to do this because at a core level we are afraid to be ourselves. We are afraid of what other people would think if we took down that social mask and let a little bit more of our humanity in.

Unfortunately more often than not, this fear of not being good enough stems from a core belief that was planted into our subconscious mind early on in our childhood by someone who was able to influence our thinking and our behaviour. This fear will persist late in life if you do not recognize it, do the inner work to release this fear and then aim to transcend it.

The irony is that all people want is for you to be real. The best way to connect with people whether it is a colleague at work, a team mate, a friend or your life partner at home, is through real human connections – to be real. When you can do this, you give permission to the other

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person to also take down their social or professional mask and the result is that you get two people being human and real with each other. That is when you get true understanding between two people.

6. Fear of Not Having Enough

This fear stems from scarcity. Always know that what you give, you will receive. What you put out into the world is what you will get back.

More often than not, our outer world is often a reflection of our inner world. If you have this fear of not having enough, you are basically projecting this scarcity out into your own life. If you do not recognize this fear early on, you will constantly be operating on a WIN-LOSE philosophy. You will not be making the right choices to give you the results that you want, results of having abundance in your life.

7. Fear of Looking Different

This fear is evident in the societies that we live in. Most of us are not living our authentic lives. We put on these social masks to satisfy someone else. We commit the number one human crime of self-betrayal. Yet it is so important to be and to live your authentic self. It's the only way to being happy and living a beautiful life.

What we need is to become the leader in our own lives. We need to be able to live life on our own terms. Strip away all the social constructs and learn how to be true to ourselves.

8. Fear of Losing Control

So many human beings live their lives by clinging on to control. They cannot let go of control. This is all about fear. It includes a fear of letting go, a fear of the unknown. It is a common and a big fear for most people who may also be feeling insecure and lacking self confidence.

9. Fear of Being Alone

There is a huge part of our population who are scared of being alone. Human beings are social beings. Rather than filling themselves from the inside, most people try to fill up their lives from the outside. It is so important to remember that nothing on the outside can fill up the holes that exist within you. You have to do the inner work required to fill up those holes. The key is to be happy in your own skin. Be able to love yourself first and appreciate yourself first before surrounding yourself with others to make you feel happy.

10. Fear of Illness and Death

This is another fear that almost always goes back to thoughts and beliefs that were instilled into us and into our subconscious mind very early on in our childhood. We are taught as children to fear getting sick because when you get sick, you will die. If we look back we will realize that at least one if not both of our parents feared getting ill. The simple reason for this was the inadequate and inaccessible medical research, treatment and technology at that time. This is no longer true.

11. Fear of Love

So many people have a fear of love only because they don't feel worthy of being loved. That is why in so many relationships individuals will reject love before being rejected themselves. They then lose the opportunity to be loved and having wonderful, fulfilling relationships. This fear links very strongly to the fear of rejection and to the fear of not being good enough.

12. Fear of Feeling Insignificant



So many of us fear that we have not lived lives that have mattered and will not have a legacy to leave after we are gone. We fear that after we leave this world, we will not be remembered. We have this fear that may be we did not do everything that we could have done. It's a fear that runs the lives of so many people.

The good news is that once you recognize this fear within you, you can start to do something about it. You can take the first steps towards building your legacy!

Success on the outside begins with success on the inside. It goes back to having clarity of your thoughts and of your purpose, and your passion. Once you begin to recognize these fears within you then only you can work through them, transcend them and live life on your own terms. As you move through your fears, you become more powerful, you become stronger, more resilient and more confident.

10 Powerful Tools to help you Overcome your Fear

They are practical and easy to use immediately to move away from your fears and start living your best and authentic life.

1. Bring Heightened Awareness to Your Fears

Fear is uncomfortable, so the initial reaction is to avoid it. But by looking at it more closely, you gain clearer understanding of your thoughts. So start thinking about your fears. What are those fears that are limiting you from living your best life?

They are practical and easy to use immediately to move away from your fears and start living your best and authentic life.

i) Journaling about your fears

A structured reflection exercise can help you see decisions more clearly when fear is holding you back and distorting your thinking.

ii) Talk to your fears

"Interview" your fears to understand how it is playing out in your life. Then understand how it is playing out in how you respond to other people. Once you do this, it becomes so much smaller than you really think it is and you are able to then move past it.

iii) Recognize your excuses

Fear makes you put things off. "I'm really tired. I have other stuff to do. It's a dumb idea anyway." These excuses probably sound familiar, don't they? You've probably said this out loud and to yourself. Think about it. Is there any truth to these statements, or are you constructing excuses to avoid potential failure?

It's much easier and less painful to make excuses than it is to put in the long hours and energy it will take to work toward your goal, but excuses and opting out will ultimately leave you feeling unfulfilled. If you want to find out how to conquer fear, you need to take a different, proactive approach.

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Recognize when you are using excuses and figure out how to overcome them. Too tired? Adjust your schedule so you can get a better night's sleep.

Not enough time? Assess your priorities and find out where you can make time. And the next time an excuse comes to you, make the decision to not give in to the little voice telling you "No," because it won't help you grow in the long run.

2. Validate Your Fears

It is so important to acknowledge your fears and then feel your fears. In order for you to "heal" your fears, you need to "feel" your fears. Get to know where in your body this fear shows up. For example, when you have the fear of public speaking, it shows up as tightness in your stomach or in your chest. When this happens, you will be able to recognize that this is "my fear of rejection". Sit with it, maybe meditate on it, until it starts to disappear and you will start to feel some very powerful healing. "When you look a dragon in the eye, the dragon moves away from you", remember this.

Often when a fear shows up in our life, we want to run away from it. It is so important to validate it so that we can do the work to transcend it.

3. Reflect on Your Fear before Taking Action

There are times for action and times for reflection. Acting too quickly to overcome your fear can lead to behaviors that do more harm than good, like reaching for a drink, indulging in comfort food or even repressing the feeling entirely. Next time you feel fearful, try something new: Do nothing. Sit with your fear for a few minutes. Think about it. What is the root cause? What is the story you tell yourself about why you can't overcome this fear? This isn't to say you shouldn't take action. A moment of reflection can have a great effect on overcoming fear in a way that is productive, deliberate and effective.



4. Give a Voice to Your Fear

It's so important to have conversations around your fear with someone who you trust and believe in. Your fear has energy and once you are able to speak about your fear with your coach, your colleague or someone that you trust, you will be bringing it into your awareness and that is life changing for you. You will be holding the fear up to the sunlight where it can begin to dissolve and move away from your shadow.

5. Correspondence with Your Fear

This may sound cheesy and trivial but it is a very powerful tool. It simply involves recognising your biggest fears limiting you, then writing a letter to each of your fears. Put a lot of emotion into your letter outlining exactly how this fear will no longer be holding you back. State that your life is bigger than this fear. This is extremely effective when you do this often enough and will help you rise above these fears. It is also very practical if there is nobody that you feel comfortable discussing your fears with.

6. Adopt a "Run towards my Fear" Mentality

When you are going through your day, and suddenly you recognize a fear in your behaviour, learn to acknowledge it and then challenge yourself to run towards it. Do exactly what you would not have normally done. For example if you were afraid to ask for something because you have the fear of rejection, go ahead and ask for it anyway, and you may be pleasantly surprised.

The key thing is to acknowledge your fear and do the very thing that you were afraid of doing.

7. Goal Visualization

One of the best ways to move through your fears is to have a compelling reason to want to move through them. It is all about understanding your purpose. You must be so vested in living your best life that you want to blow your fears no matter what they are.

Goal visualization is an effective way to set your focus – and where focus goes, energy flows. It can take the form of a collage or vision board. The important thing here is that you see yourself succeeding and fully immerse yourself in what it is that you want to achieve. You'll condition your brain to believe that anything is possible – a key step to overcoming fear.

To do this draw or cut pictures of your best life – your home, your relationships, your finances – make a giant visual image or a collage of these pictures representing your best life and you want to visit with this collage on a daily basis preferably in the morning when your mind is most open to imprinting. The more you can see your best life in front of you, the more engagement you are going to bring into your life. Most people don't work through their fears because they don't have that burning desire to get to that next level. They really don't know what their best life is going to look like and this is very sad and limiting.

8. Replace Disempowering Thoughts with Empowering Ones

We define our reality by the words we use and the thoughts that we think. You want to tell yourself a whole new set of stories. You want to reframe your reality. Begin to use new language. Begin to create "happy movies" in your mind.

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You can also begin to develop a sense of gratitude and appreciation. Developing a gratitude practice allows you to not drown in fear. It doesn't mean that you won't still feel it, but the blow will be lessened, thereby allowing you to see the brighter side of struggle.



In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their physical and mental health, deal with adversity, and build strong relationships.

Gratitude helps keep these limiting stories at bay when you're learning how to overcome fear. When you practice gratitude, your brain shifts to what is currently working instead of what isn't working.

The act of being fearful is a future-oriented process, while gratitude is a present-oriented one. The next time that fear tries to creep its way into your head, replace that old disempowering thought with a new empowering one.

9. Adopt a Growth Mind-Set

When you're afraid, you tend to stay in one place. Your life seems to stagnate. What if you make a mistake? What if you fail? You start to believe you can't progress at all, that you're incapable of it – it is fear that is holding you back. One of the most powerful tips to overcome fear and anxiety is to adopt a growth mind-set.

It's not about achieving your goals and being perfect every step of the way. No one is ever perfect all the time, so stop striving for that. It's about getting comfortable with what you don't know and continuing anyway – this is the foundation of a growth mind-set. As you work to overcome fear, you will realize that there will be lots of trials and tribulations along the way. As soon as you've accepted that the path to success includes growth and change, you'll get one step closer to attaining your goals.

10. Love

Lastly, and the simplest and probably the most powerful of all tools. LOVE! Love is the antidote for fear. All this means is that where there is love, there cannot be fear. Love and fear cannot co-exist in the same moment. So open your heart and love more!



Final Words from the Author

The next time that you feel threatened by fear, I encourage you to pull upon one or more of the above strategies. Change your relationship with fear. Instead of letting it knock you down, use it as motivation to grow and achieve more. Once you recognize that fear is not real, the obstacles that appear to stand in your way will be removed, and you will feel empowered to take action. Always remember that your potential in life is limited by only one factor: YOU!

Once you recognize your fears that play out in your daily life, you can make better choices. You can catch yourself in the moment and make a conscious decision to make a better choice for your life. Instead of getting angry or frustrated, you can be loving, you can be kind, and you can be compassionate. Not only to the person next to you, but to yourself also.

When we have self-knowledge of ourselves and when we know and understand ourselves, when we become conscious about our behaviour and our attitudes, our beliefs and our fears, we can make those better choices that will create a better reality for us, and definitely a better life.

Now, are you ready to transform fear into action?.....

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About the Author



Anjue Hirachund is a successful Business Executive, Coach and Entrepreneur whose personal journey through the corporate ladder motivated her to reach out and support individuals on an international platform.

She is passionate about sharing her specialized knowledge, information and research with the intention to assist corporates and individuals to move beyond their challenges in the workplace to successfully achieve their goals.

As a result of her passion and ability to help others save time and energy becoming stressed and frustrated in the workplace, she created So'Ham Academy. Anjue is able to masterfully help her clients adopt a holistic approach to achieving success in their careers by ensuring that they do not neglect their health, wealth and relationships in the process.

Having learnt from the best of the best in the world, Anjue provides "tried and tested" strategies and tools, to help individuals move beyond their challenges in the workplace using various social media and other platforms. To assist her clients better and to empower as many individuals as she can, she has coaching and mentoring solutions that can be tailored to suit individual needs. In addition, she hosts various challenges and workshops, and has created online training programs to ensure that her clients have the flexibility to interact with her and her teachings on a variety of platforms.