

ACT IN SPITE OF FEAR

By T. Harv Eker

The formula for manifestation in our physical universe is known to be "thoughts lead to feelings, which lead to actions, which lead to results." Most people have plenty of thoughts and feelings, but the breakdown for many seems to be the ability to take "action." The culprit, of course, is fear. That is why to succeed in life you must cultivate the trait of courage.

Courage is "taking action in spite of fear." In fact, you can only experience courage in the face of fear. Fear is our greatest obstacle to living happy, peaceful and powerful lives. The true definition of fear is "anticipation of pain." Since anticipation is based in the future and the future only exists in our imagination, fear does not exist in reality. It only lives in our head.

Therefore, it is our own protective mind that prevents us from taking the actions necessary to attain our dreams. As the cartoon character Pogo so appropriately states, "We have met the enemy and he is us."

The protective mind is like an over worried mother; it is constantly creating "doom and gloom" scenarios, trying to scare the heck out of us, in the hopes that we won't try anything new. Its favorite words are "what if." "What if this happens? What if that happens?" Even though none of these things have actually happened, and chances are none of these things will ever happen, this "soap opera" script continues to blare loudly in our head.

Unfortunately, we tend to take this mind trick as gospel and our wonderful ideas of growth and opportunity, become full of uncertainty and doubt. Recognize that our protective mind is not necessarily to be believed; its agenda has nothing to do with making us happy or successful, but only keeping us in a place that is safe, secure and familiar.

Unfortunately many people wait for their fear to subside before taking action. Big mistake! It is not necessary to get rid of fear in order to act. It's not necessary to "kill" the cobra! The more effective strategy is to learn to "tame" the cobra of fear by acknowledging the feelings and then taking action anyway. Fear itself holds no real power over you. You and you alone give fear its power. If you allow fear to stop you, it will. If you recognize it as the protective part of you, doing its job (far too well), you can simply say to your mind, "thank you for sharing" and then proceed into action.

Realize that successful people have fear. Successful people have doubts and successful people worry. The only difference between those who succeed and those who don't is that successful people act in spite of their fear, doubt, and worry. So can you!

The darkness of fear begins to disappear in the light of action. Because your protective mind (where fear resides) lives only in the past or future, fear cannot exist in the present moment. Actions, however, only exist in the present moment, meaning that in the midst of focused action, fear dissipates.

The voice of fear is not you. It is only a conditioned "recording" from the past projecting into the future. Once you can recognize that you are the one playing the tape and not the tape itself, you are free!

Ask yourself, "What would I do, if I absolutely knew I could not fail?" The answer will give you a good indication of what you would do and who you would

become if you lived based in heart and spirit vs. fear!

EXERCISE

Think of your dreams, your relationships, your career, your time, your recreational activities, and your environment (where you live and with whom you associate). Where in your life are you letting fear, doubt or worry stop you from taking the necessary actions for happiness and success? What would you do if you could not fail? From this day forth, begin to act as if you could not fail and watch as miracles unfold!

Declaration:

I act in spite of fear, doubt and worry!

I take action towards my happiness and success!

For Your Freedom,

T. Harv Eker

Best-Selling Author

[Secrets of the Millionaire Mind](#)

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