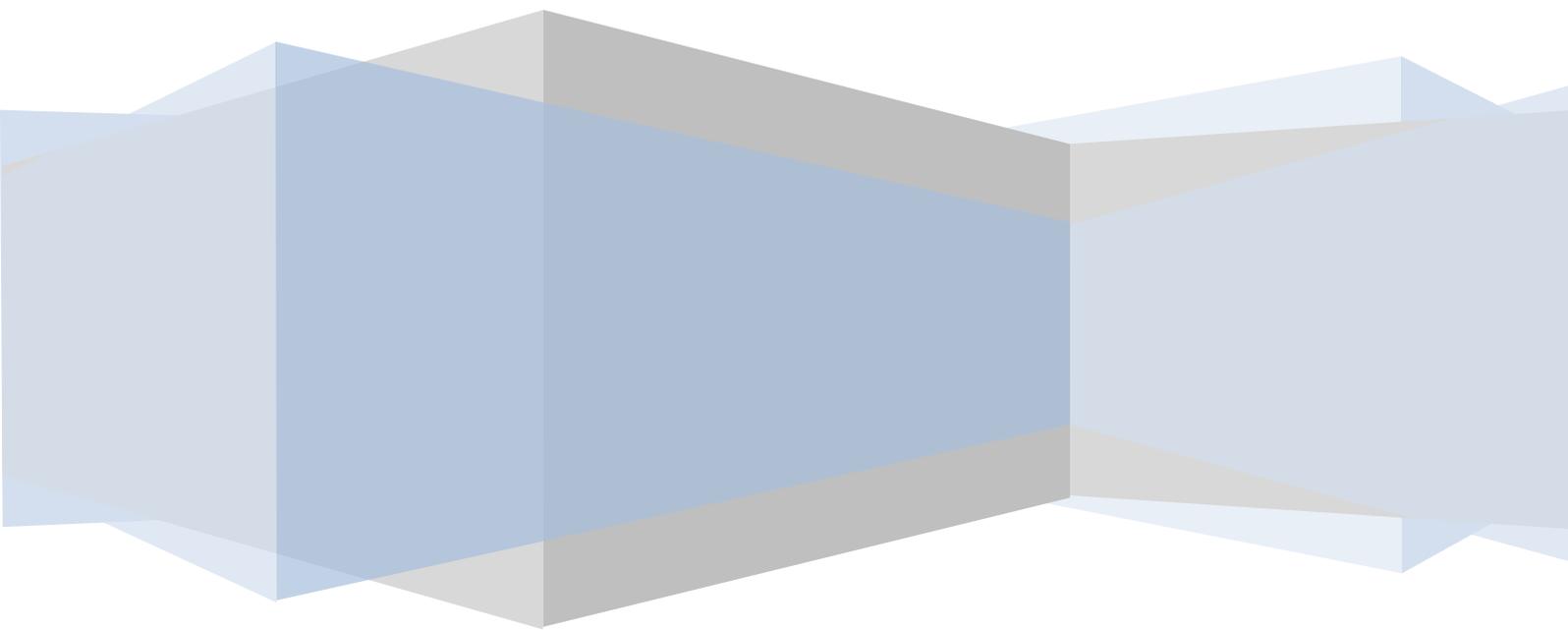


The Inner Coach

The Problem Of Fear & Pain



Keith Collins

Fear is caused by a false belief.

A false belief is unauthorised and is therefore disempowering & disabling.

Using will power to suppress fear is called bravery or courage.

Using emotional energy to overcome fear is called being emotionally intelligent.

Bravery & courage may be seen as rationally intelligent but they are not emotionally intelligent.

There are many examples of brave & courageous dead heroes.

I overcome a fear by challenging and changing the limiting belief that is causing it.

The belief that reality is true makes fear a true reality.

The truth is that the only energy that fear has is the energy that I give to it.

When I confront the fear with an empowering belief, what appears to be real disappears.

What we fear most is the experience of pain.

Pain is the result of negative emotional energy manifesting in the physical body.

Low emotional energy appears to be caused by pain, however in reality, pain is the effect of low emotional energy.

Pain killers may or may not kill pain but they do not replace emotional energy.

Replacing emotional energy stops pain.

Removing the cause of an energy drain releases the pain.

Pain is the release of negative emotional energy.

Negative emotional energy is the absence of positive emotional energy.

Changing the polarity of our thinking changes the polarity of our emotions.

Negative emotional blockages can be released by laughing, crying, sneezing, coughing or pain.

Changing the polarity of negative emotional energy releases blocked pain.

Any painful experience, whether physical, mental or emotional, can be suppressed and stored in the body until it is released and healed.

Whatever is painful when it is suppressed is painful when it is released.

Pain is inevitable but suffering only results from a negative perspective of our pain.

There is no suffering from a beneficial perception of pain.

Problems are anything in life that I fear may cause me pain.

Small problems are a cause of discomfort.

I tolerate the discomfort that a problem causes until it becomes unbearable and intolerable.

Tolerations drain emotional energy, which is why they are a problem.

Big problems are a huge energy drain, which is potentially very painful.

A toleration is a belief that I have to.

It is a belief that pain is inevitable and I have to bear it & endure it.

Fear is a problem because it causes pain & discomfort.

Pain is a problem because I fear what is apparently causing it.

Fear is an opportunity to change my mind and become fear free.

Pain is an opportunity to raise my perception and become pain free.

Being painless & fearless is a challenge that allows me the opportunity of being free of pain and free of fear and becoming problem-free.

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