

UNDERSTANDING DOUBTS AND FEARS

When embarking on the journey of manifesting desires using the Law of Assumption, encountering fears and doubts is a common, yet normal part of the process. These feelings often arise from past experiences, societal norms, and the difficulty of believing in unseen outcomes.



STRATEGIES TO OVERCOME DOUBTS AND FEARS

POSITIVE AFFIRMATIONS

1



Incorporating positive affirmations into your daily routine can significantly reprogram your subconscious mind, shifting it towards a more optimistic and empowered state. Carry a card with a written affirmation on it and make a habit of reading it throughout the day.

2

BREATHE WORK

Controlling your breathing plays a pivotal role in combating doubts and fears because it directly influences the body's stress response, promoting a state of calmness and mental clarity. By focusing on deep, steady breaths, you can interrupt the cycle of anxious thoughts and physiological reactions, allowing for a shift from a state of panic to one of peace.



ACT 'AS IF'

3



Adopting the 'Act As If' mindset might initially feel as unnatural as wearing a suit for the first time. However, just like the suit becomes more comfortable with frequent wear, regularly practicing this approach makes it seamlessly integrate into your being.

4

CONFRONTING YOUR FEARS

To manage your fears effectively, begin by compiling a comprehensive list of everything that induces fear in you, ordering these items from the least to the most intimidating. Next, construct a Fear Ladder by assessing each fear on a scale from 0 (no fear) to 10 (extreme fear) and organizing them accordingly.



ENGAGE WITH UPLIFTING CONTENT AND COMMUNITIES

5

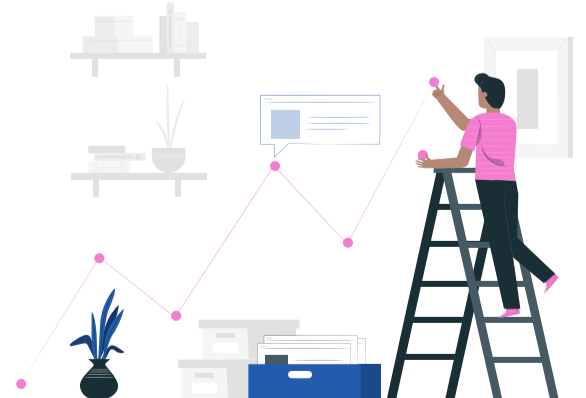


Instead of starting your day by checking social media, consider dedicating your morning to reading or listening to an audiobook/podcast that aligns with your desired mindset. The goal is to cultivate habits that support the maintenance of this positive mental state.

6

STOP LOOKING FOR SIGNS

Ceasing the search for signs is crucial because signs tend to follow manifestation; they do not precede it. By understanding that signs are a result, not a precursor, of your focused intentions, you align more closely with the desired outcome.



Consistent practice of one or all of these techniques is key to overcoming doubt and fear, effectively dismantling the barriers of self-sabotage. By dedicating yourself to these practices, you empower yourself to navigate through uncertainties with confidence and resilience. Let these strategies be your guide to a more assured and fearless journey towards achieving your dreams.



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