

Overcoming Doubts and Fears

The "Leaked" Chapter



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Note: Today I share with you a "leaked" chapter from the Inscribe Your Life Guidebook that contains powerful insights about using writing as a tool for spiritual development. Although this chapter is in downloadable format, and you can read it at anytime, I really encourage you to read it now (or at least today). It has practical information that you can apply today without ever writing, and you can use this technique anytime, anywhere, and without anybody even knowing you're doing it.

You are also welcome to share this leaked chapter with other people, like you, who value their personal development and want to live a more empowered life.

OVERCOMING DOUBTS AND FEARS

*"Whatever the mind can conceive and believe, it can achieve."
- Napoleon Hill*

In case you're unfamiliar with Napoleon Hill, his work is the foundation upon which most of today's Law of Attraction material is based on. The fascinating thing is that if a person truly applied and embodied the quote above, they would never need another exercise, piece of wisdom, or source of information, to achieve their heart's desires.



However, as with much spiritual wisdom in our world the challenge lies not in the words, but what is underneath them. Sure we can conceive of what our heart's desires, and we often even think we believe it, but our challenge lies in the fact that belief resides at two levels: Conscious, and unconscious.

To fully embody any teaching, we must integrate it into both our conscious and unconscious minds. Anything less, and we'll be left confused, conflicted, and ineffective at living a life filled with joy, peace, and abundance.

When we conceive and believe at the conscious level, but not at the unconscious level, then we set goals that sometimes come true and sometimes don't. We're left confused, conflicted, and wondering why our heart's desires didn't manifest. We wonder why we're not experiencing the joy, peace, and abundance that the Law of Attraction teachers promise us.

The thing is, we usually don't see and understand that our unconscious beliefs are holding us back.

For example, modern Law of Attraction teachings tell us that if we combine visualization with the power of deeply feeling what it's like to already have what we want, that what we want will manifest in our lives. While the above is sometimes true, it doesn't always work because those are only surface-level exercises that primarily target our conscious mind.

You'll be left wondering why the Law of Attraction seems to work for everybody else but not for you. However, when you discover how to transform your unconscious limiting beliefs into empowering thoughts, only then will you reap the rewards your heart so desires.

This is why the Inscribe Your Life program works both at conscious and unconscious levels. Some information and exercises will specifically target your conscious mind, so that you can begin to take immediate action based on new information and discoveries. Other components of the program specifically target the aspects of your subconscious that are holding you back from manifesting your heart's desires.

The conscious and subconscious operate in different ways, and as a result, we often require different and/or specialized tools

to work with them for our highest good. In this chapter, you're going to have the opportunity to receive some of the most powerful wisdom you will ever come across during your journey. Before I share these two simple yet transformative insights, there's something you need to understand:

Many of the most profound spiritual sages of all time made a point to use very few words to illustrate their most important teachings. This is why the Masters (Jesus, the Buddhas, Mohammad, just to name a few) have always used spiritual stories as a cornerstone of their teachings.

***"The shortest distance between truth
and a human being is a story."***

- Anthony de Mello

It's no mystery that I have a love of stories. What is a mystery is how my wisdom can be imparted to you in tangible, effective, and concise form. While the Inscribe Your Life program does comprehensively approach writing using several different strategies and learning modalities, it is also streamlined to get you from point A to B as directly as possible.

What follows is not as short as a quote or story; however, it is the shortest distance between you and overcoming the doubts and fears you have about writing. These two insights combine together to work at both the conscious and unconscious belief levels.

After applying just one basic paradigm shift, and following one simple piece of advice, you'll already be well on your way to experiencing meaningful and lasting positive changes in your life.

So how does writing help you overcome doubts and fears?

It is very common for writers to doubt whether another person will find value in what they have written. This is especially common when writing for larger audiences like magazine readers or the visitors to Spiritual-Short-Stories.com. It is also common to worry about whether another writer has already more effectively communicated our message, whether we'll write the story in such detail that the messages are too obvious for a reader to enjoy or find valuable, or whether the reader will even understand our messages.

Having doubts about writing is normal for most authors, and it is rare to come across a writer without doubts. My own doubts were only overcome by actually writing... by "being" a writer.

The thing about writing is, none of us are writers until we are actually writing. "Who" and "what" we are changes from moment to moment. We may identify with what we do in life, for example we may call ourselves computer engineers, energy healers, writers, or any number of other labels we give ourselves based on what we do. But we can only associate with that label while we are doing the associated action!

Think about that for a moment. When you are driving a car, are you a writer? No. You are a driver. Understanding this distinction is imperative to overcoming the most challenging fear that new writers have: "But I'm not a writer! I've never even written a story!"

And you're right.

Until you pick up that pen or start typing, you're not a writer. So the first piece of advice I offer is simple and straightforward: Don't worry about it. No, really. By the time you are done going through this program, you will have many effective methods for getting past this common roadblock. So just don't worry about it. When I say "Don't worry about it," I'm not saying to ignore the fear's existence. I'm saying that you should accept that state of uncertainty and doubt, and write anyway!

Every single fear you might have about writing is based on your belief that somebody will judge you.

Read that sentence again. Maybe read it three, four, or even five times. After you've read it, challenge yourself to find a single fear you have about writing stories that does not eventually lead you to the answer that every fear can be distilled down to the fear of judgment.

When you make that single shift in thinking, when you can truly embody so your conscious and unconscious minds are in alignment, then you will have the power to overcome doubts and fears in many aspects of your life, including and not limited to writing.

As long as you write first and foremost for yourself, every single fear disappears instantly. After the story is written, the only question becomes, "Do I want to share this with others?"

What have you got to lose?

The worst case is that you throw out the story as most authors do hundreds or thousands of times. The best case is that you write a brilliant story that gets picked up by a movie producer

and you impact the lives of thousands or even millions of people!

More often than not, you will write a story between those extremes that has the ability to impact yourself, the lives of the people you care about most, and their friends and family. Given those outcomes, you have absolutely nothing to lose by writing a story, and you have everything to gain. To reinforce this idea further, here is advice from other story authors for overcoming fears about writing:

"Write for the pleasure of writing. As the pen traces out words on the paper, your anguish disappears and your happiness remains. For this to happen, it is necessary to have the courage to look deep inside yourself."

— Paulo Coelho

"I enjoy writing for the fun of it, and have never tried to publish any of the stories. I basically write for my own enjoyment and am not aiming it for a particular audience."

— Alan Dolit

"Just do it! Don't worry about what others might say or think. Allow your imagination free reign."

— Keith Beasley

"Get into a flow and just let stuff spill out, that's the first step. You'll find a lot of the time, stories will write themselves, and you're just an editor."

— Naria Satrick

"Don't strive for any particular outcome—just relax, let go, witness whatever happens... and enjoy!"

— David Lourie

You'll notice that all of the points of view have something in common: Just doing it... and doing it for yourself. This perspective alone has the ability to dissolve all fear you have about writing of any kind. It enables your spirit to pour through you and onto the paper.

Now in case you were looking for the second insight I mentioned, it wasn't explicitly stated so it was easy to miss. Simply put, just start writing! At a conscious level, you are building the courage and willpower to move through fear and into empowerment.

The kinesthetic experience of writing connects your body and mind, so that your unconscious becomes accustomed to the act of writing. Therefore, the more frequently that you write, the fewer doubts and fears you will experience over time.

Still, sometimes the question arises, "What will I write about? How do I access my creativity?" In the following chapter, "Where to Get Your First Ideas," you will learn over 20 enjoyable ways to guarantee that those words flow effortlessly to you.

Your partner in spiritual growth,

Chris Cade

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