



Deberah Bringelson's  
**Quantum Success Academy**

*Breaking Barriers  
Creating Massive Success in the New Economy*

**Day 8 – No Fear**

## **No Fear**

Do you know the number one thing stopping you from living your purpose and having the life you want?

Fear.

Fear will stop you in your tracks every time. It keeps you from moving forward. It keeps you stuck. Do you know that many people choose to stay in situations that they hate, rather than take a risk on something new and great because they fear that the unknown is worse than the mess they're already living?

Are you familiar with stories of women who choose to stay with an abusive partner because they are afraid of the unknown? Their imagination has them focusing on a fate worse than the one they're currently living.

Are you doing that with your current job or career? Look yourself straight in the eye and answer these questions:

1. Do you love what you do?
2. Are you honouring yourself with the work you do?
3. Do you feel great about yourself and the work that you do?
4. Are you using your unique gifts and talents or just muddling through?

If you answer “no” to any of these questions, then I assure you, something better is waiting for you.

### **EXERCISE: GETTING TO THE ROOT OF IT**

Before you can begin living the life that is uniquely yours, you have to first let go of everything that is holding you back. While there is no value in wallowing in fear or self-pity, before we can

release something we must first acknowledge that we're hanging onto it. This exercise is extremely important and powerful. Take the time you need to do it thoroughly.

Think of someone you trust completely with your innermost fears, secrets, and Embarrassments. It may be a friend, a lover, a spiritual guide. Whoever it is that you feel free to be 100% honest with, write them a letter. In that letter, tell them everything that you've been going through in your life. Tell them your pain. How you've been hurt. What parts of your life are not working out the way you want them to. Tell them what you're afraid of. Include all of the beliefs you have about yourself that limit you.

Allow yourself to really feel all of the emotions that come up. Once the letter is complete, allow it to "rest" for a day or two.

### **EXERCISE: DIGGING DEEPER**

This may at first seem like repletion, but I promise it's not. It's important, so don't skip this step. Take as much time as you need and re-write your letter, but go deeper. Don't write from your head this time. Open up and really pour your heart out, sharing your heart-felt fears, discomfort, sadness and anything else that you feel. If you need to cry, do. The more you release, the more room you have inside for great new beliefs and joy!

## **Quantum Success Action Items**

- 1. Tomorrow you will get a Guided Process – Fear Release – No Fear. Please do it right away.**

Repeat this guided process whenever you feel fear. Over time, you will discover that new feelings emerge as old feelings are cleared away. This meditation should be a "go to" for you every time you are feeling angry or hurt. I've been doing it for many years and I'm sure I will continue using it throughout my life.