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The Poison of Fear

By Janet White

You know the feeling – it's that grip of terror eating at your stomach when you look at your bank account and realize with horror that you won't be able to meet your bills this month.

Whatever the reason – you just lost your job, your job hunt is dragging on or you're struggling to make ends meet on a meager paycheck – you dread the prospect of what could happen if things go on like this.

So, you go on line and read articles about how to save on household expenses, learn to live on less and stretch what you do have to make it last. With regret, you also familiarize yourself with debt management strategies, and start freezing your credit cards in blocks of ice.

But even if you did all these things, you're only alleviating the symptoms, not curing the problem. Despite what you may think, your lack of money isn't the problem; the real problem is your belief in lack.

That's right, your belief that you don't have enough money will virtually guarantee you won't have enough, and that everything you're afraid will happen, will happen.

But you can do something about it; something that may change the way you view life forever – you can change the way you think. When you change the way you think, everything changes – what you say, what you do, how you act, and most importantly, you change the way other people respond to you.

The Law of Attraction

This happens because of the Universal Law of Attraction through which you draw to yourself whatever you focus on. The Law of Attraction:

- Turns your conscious and subconscious thoughts, words and beliefs into “demonstrations” which mirror your thoughts words and beliefs.
- Works for everyone exactly the same way.
- Is totally consistent, reliable and predictable.
- Is always “on,” and is everywhere all the time.
- Doesn’t have an opinion about what it does.

This last point is so important to remember if you think the world is against you, you have a streak of bad luck or just can’t seem to get a break. The only person causing your “bad luck” is YOU because you’re thinking negative thoughts and so you’re attracting negative demonstrations!

Thoughts Are Things

What is a demonstration? Let’s go back to your fear you can’t pay your bills. All you can think about is how you lack enough money just to get by; forget luxuries like movies, eating out and new shoes.

And just when you really need things to get better, they start getting worse! The car breaks down, the washing machine dies, Junior breaks his leg, and Kitty has to have a series of expensive shots.

If you’re working, things just don’t seem to go your way. A promised promotion falls through, a “sure thing” sale dies unexpectedly and your boss throws a fit when you try to be a bit creative.

You dread going in to work but have no choice; with your background and at your age, you’d be lucky if you found something comparable. Besides, you can’t afford not to be working even a little while with the bills piling up.

So you grit your teeth and make it through each long day, praying that something better will come along.

If you’re job hunting, you make it to the second round or think you’ve nailed a job, but for some reason, things just don’t seem to gel. You can’t understand it; you’ve done everything the books and websites said to do -- you pitches yourself, gave all the right answers, and even hired a “professional resume writer” to make you stand out from the competition.

There’s only one explanation, you think. Something must be wrong with you.

New Thoughts = New Things

So how do you break this cycle of negative thoughts becoming negative things? It’s easy to say but difficult to do: you have to change your thinking.

To make the Law of Attraction work for you by design instead of by default, you have to stop focusing on what you *don't* want and start focusing on what you *do* want.

You have to consciously, deliberately and intentionally stop thinking negative thoughts and make yourself have positive, empowering and encouraging thoughts, particularly while you're experiencing negative conditions.

Your negative conditions will continue as long as you hold negative thoughts, and will automatically begin to improve when you hold positive thoughts. That's the Law of Attraction at work.

Remember, the Law of Attraction doesn't care what thoughts you have; it will simply turn all your thoughts into demonstrations. So are you going to let fear ruin your life or take control of your life by controlling your thinking?