



## **Unlocking Your Vision**

### **Becoming Aware**

I continue to be deeply touched by the dolphin's unconditional acceptance, compassion, and curiosity. I'm fascinated by their beauty, grace, and serenity; and I'm exhilarated by the vitality of these smiling creatures. I have experienced the dolphins in their state of harmony and balance with their natural environment. I feel that our desire to have this same state of being is what draws many of us to the dolphin's presence. Somehow we have overlooked some of the simplest yet most effective tools for rekindling our connection to this state of being which also brings us good health and happiness.

What we can learn from the dolphins is that our natural state of being is one of good health and happiness and the dolphins can be a powerful inspiration that helps us to explore our own self-healing potential. As we begin exploring we recognize that our state of mind has tremendous importance regarding what we attract or receive in our life.

We attract that which we desire when our subconscious thoughts and beliefs are in harmony with what we consciously intend. But if our subconscious thoughts and beliefs run contrary to our conscious wishes we may ultimately lose the result we have achieved or want to achieve because the strength of our subconscious beliefs tend to eventually win out. This is not cause for blame or guilt. After all, we are not aware of the workings of our subconscious beliefs. So how do we get clear of these contrary beliefs? It's all about "becoming aware". First we will explore fear and how it affects our life.

Our bodies reaction to fear is the same whether we are faced with a physical threat or an emotional one. The problem is that the experience of a real or perceived threat is stored in our long-term memory. So when we see or hear

something that appears to be a threat the instinct is to run to avoid the pain whether it be physical or emotional. We often do not think to stop and find out whether the danger is real or not.

Throughout our life we add to our fears through our experiences. As these negative experiences, either perceived or real, happen regularly over many years then our mental, emotional, and physical health are affected and clearly in danger. This harms our ability to experience our natural state of harmony and balance, good health and well-being, and it harms our ability to simply enjoy life.

Becoming aware is the first step to healthy change. If we choose to become aware of how emotional fear is running our life and we learn what those fears are, we then have the power to break free of our conditioning (old patterns of thinking and behavior) and make choices about how we want to think and behave. Otherwise our subconscious mind and our conditioning will decide for us.

The Fearless Living tools and concepts I've learned and use in my own life has shown me how to outsmart fear rather than allowing the memory of fear to determine my life. I have learned to embrace the fullness of who I am including my limitations. I have learned and practice daily making choices that support me in being my true self - the person I was meant to be. I am once again able to experience my natural state of harmony and balance, good health and well-being, and I'm able to simply enjoy life once again.

If you would like to know more about this transformation process please contact me for an introductory session to see how coaching can support your journey with self-awareness and in making choices that support you in creating the life you want to live. We can make a plan together that will support you and your process. Remember - "we don't plan to fail, we fail to plan".

My next newsletter will be on "Expectations" and how they can set us up for disappointment. My intention is to support you in learning to "Live Fearless"...

Interested in learning more - go to [www.unlockingyourvision.com](http://www.unlockingyourvision.com) or Email: [joyce@unlockingyourvision.com](mailto:joyce@unlockingyourvision.com) Phone: 858 945-4928

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**"Live the Life Your Soul Intended" quote by Rhonda Britten founder of the Fearless Living Institute and author of the book "Fearless Living".**

**"Do not fear going forward slowly, fear only to stand still. --Chinese Proverb**

**"You are not stuck where you are unless you decide to be. --Wayne W. Dyer**