



## Unlocking Your Vision

### Becoming Aware

**Do you struggle with your health and well-being?** Are you challenged with making the choices that support the life you desire? Are you confused about how to attract what will support good health and happiness? Are you aware of your own self-healing potential? Exploring this dilemma you will recognize that your state of mind has tremendous importance regarding what you attract or receive into your 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 tends to eventually win out. This is not cause for blame or guilt. After all, we are not aware of how our subconscious beliefs work. So how do we get clear of these contrary beliefs? It's all about "becoming aware". For my life the first area to explore was fear and how it was affecting me and my choices. How it prevented me from attracting and receiving that which would support my health, well-being and happiness.

I first recognized the definition of emotional fear and my body's reaction to it. My body's reaction to fear was the same whether I was faced with a physical threat or an emotional one. The problem was that the experience of a real or perceived threat was stored in my long-term memory. So when I would see or hear something that appeared to be a threat my instinct was to run to avoid the pain whether it was physical or emotional. I didn't think to stop and find out whether the danger was real or not.

Throughout my life I added to my fears through my experiences. As these negative experiences, either perceived or real, happened regularly over many years then my mental, emotional, and physical health were affected and clearly in danger. This harmed my ability to experience my natural state of harmony and balance, good health and well-being, and it harmed my ability to simply enjoy life.

Becoming aware was the first step to healthy change. I made the choice to become aware of how emotional fear was running my life and I learned what those fears were. I then had the power to break free of my conditioning (old patterns of thinking and behavior) and make choices about how I wanted to think and behave. Otherwise my subconscious mind and my conditioning would continue to decide for me.

I learned about the Fearless Living tools and concepts and I now use them in my own life daily. They have 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.

My experience can also be your experience if you choose to explore how fear controls your choices, your health and well-being, and your happiness. **Self awareness is the key to transformation. Please contact me at 858 945-4928** and we can schedule an introductory session. We can explore and clarify how I will support and help you in making choices that attract the life you desire. We will discover together what fears are keeping you from simply enjoying life and experiencing good health and well-being.

*I would enjoy receiving your thoughts on fear and how it has controlled your life and choices.*

Contact me at [joyce@unlockingyourvision.com](mailto:joyce@unlockingyourvision.com) or call 858 945-4928. Go to my website to learn more about me and what I offer at [www.unlockingyourvision.com](http://www.unlockingyourvision.com). I've added a recommended books page and self-help resources page and I know that you will find something there to support you.

I've also added my newsletter page so you can look up any of my past newsletters. Check my website regularly as I will be adding an articles page soon with a variety of topics to support you in whatever challenge you're facing.

View my inspirational dolphin video [www.thedolphinmovie.com](http://www.thedolphinmovie.com)

**Certified Fearless Living Coach and Certified Life Purpose and Career Coach**

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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”.

[www.FearlessLiving.org](http://www.FearlessLiving.org)

The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone.

--Orison Swett Marden

It's not what happens to you, it's what you do about it. --W. Mitchell

"What lies behind us and what lies before us are tiny matters compared to what lies within us." --Oliver Wendell Holmes