

Hello Friends!

I'd like to take a couple of minutes to address a topic that I've been running into lately. A friend of mine gave me a recording from Marianne Williamson who teaches from "A Course In Miracles." She stated that whenever we are afraid it is because we feel guilt. This idea got me thinking. What would "guilt" have to do with being afraid? Then it hit me. Guilt can result from having a *crime of existence*, from being separated from God, or from an idea that we are somehow letting others down. Allow me to clarify...

A *crime of existence* is when at an early age, possibly even pre-natal, we get the idea unconsciously that our being born is a burden on our parents and thus a burden on the world. My mother was 17 years old when she had me. My father was 19. Were they jumping up and down when they found out little Timmy was on the way. I doubt it. Edgar Barnett, MD, suggests that how my parents reacted to my being born had a subconscious impact on my personal beliefs and self esteem. Since human beings struggle with insecurity and feelings of unworthiness more than anything else, the theory makes a lot of sense.

Marianne Williamson suggested that we also feel guilt because we feel separate from God. Instead of having an "applied faith," most people just talk the talk. If you really did believe that God was with you at all times, that He made you (your soul) in his perfect image, and that when you die, you'll join him in Heaven, why would you be afraid of anything? Something to ponder...

Finally, fear comes from the guilt of letting others down. Let's assume this is true. Then the real question becomes, "Should I really care if I let a specific someone down?" One typically feels guilt when they think that they've violated someone else's (a parents) standards. But are those person's standards ones that you really want to live up to? Sometimes yes, sometimes no. I've learned two valuable lessons in life. Don't learn how to build wealth from someone who's broke and don't learn how to be happy from someone whose not!

In general I agree that many of our fears come from feeling unworthy of being happy, relaxed, successful, etc. We sabotage our own success because it "makes" others feel insecure or we fall victim to others' manipulations because of our insistent need for approval. Either way, the only escape from the cycle of fear, and the pain that results, is to release yourself from guilt, fully love and accept yourself as child of God, and set standards for your own life that you strive to live up to each day. Only then will you experience a greater sense of peace and fulfillment. Amen ;-)

To help you overcome your fears, I highly recommend our incredible 6-CD coaching program entitled, "**The Courage To Succeed**." This incredible program will take you through powerful mental and emotional mastery exercises that will condition you to excel in all areas of your life. The normal investment for this audio program is \$149.

Thanks so much and I hope that your day is a Shurr ! Success

Tim Shurr, MA, CH
President, Shurr ! Success, Inc.
317-579-7500

Notes from last S!S class
Neutralizing Fear In Seconds!

FEAR OF...

Rejection: Others can only reject you if you reject yourself, which will no longer be happening!

Abandonment: As long as you decide to always be there for yourself, and keep a strong relationship with your creator, you'll never be alone again. If someone leaves you, good riddance! People that are good for you will stay.

“Only allow people that better your life to be
in a better part of your life!” Tim Shurr

Humiliation/Embarrassment: One kid drops his lunch tray and runs out of the room. Another kid drops his lunch tray and takes a bow. The second kid chose not to make mountains out of molehills. What will you choose?

Failure: There's no failure, only feedback! If you're driving and you get lost, do you throw the car in park and say, “I guess I have to live here now!” No! You just turn around and make another choice. Sometimes you might even ask for direction. Getting lost gave you feedback on where not to turn. Eventually you will arrive at your destination because you keep moving towards it. Everything in life is simply feedback.

Not Good Enough (Unworthiness): Not good enough *according to whom?* Your creator thinks you're enough. If you knew the miracles that take place within the human body to create life, you'd be amazed that any of us actually make the journey. It's through divinity that you arrived here on Earth. God doesn't make junk and he made you! If someone in your life has a problem with that, it's their problem, not yours. When you stop chasing others approval or validation, which isn't really necessary, and begin chasing your own, life will change for the better. The only reason we want others to like us is so that we can then like ourselves more. I recommend cutting out the middle person by giving freely to yourself right now, validation and approval. The moment you do this, you will realize that you've always been enough. Remember the Ruby Slippers!