



**Kotan Australia®**

The Secret to “*Elegant Simplicity*” in Business & Life  
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## Conquer Your Fear Mindset In Life

Unfortunately there are many people around us that suffer *anxiety and fear* every day. The first step to conquering your *fear* is to understand that there is something behind it, a root cause that is not clear to you.

What’s behind *fear* is a *belief* that is a *limiting* you from moving forward. Each circumstance that arises where the limiting belief stops you from moving forward and achieving what you want or enjoying life can create quickly an unrealistic fear/s that you are not capable and a failure in life. The building block of fear is a poor and limiting belief.

However there is still another layer under the limiting belief, which is a limiting decision. Most people have all experienced at one stage or another, an event that has caused them to decide that they couldn’t do something; a common example is public speaking. Past experiences have caused them to decide that they cannot stand up in front of a crowd and speak, as a result they have made a decision that they are no good at being in front of crowds or speaking in public. This decision then becomes the limiting decision for all similar events and situations going forward from this point on and limit their ability to actually achieve success in their lives.

From a Martial Arts perspective the limiting decision could have been the fact that you weren’t trained in a particular style or technique/s for a special event; didn’t know enough about cardiovascular or how to train properly; about self-defence, the muscles, the anatomy, or any one of a number of things that created the situation where you didn’t have enough knowledge or information and therefore the outcome wasn’t what you wanted.

This same process I have seen many times in children when they are learning to ride a push bike. They have just seen a bike for the first time, never ridden a bike. They are given a bike as a present and get on it to try and ride the bike and fall off, just what you and I would expect, as we have the advantage of experience. The child doesn’t have this advantage and comes to the conclusion “Well I can’t ride bikes. I’m no good at it.” And then you are fearful of getting on a bike from this point forward.

To conquer the fear it is necessary to go back and understand “What was the root cause or driver in making that limiting decision?” This is of course for many people is the part that is almost as bad as the fear itself. Confronting the past memory can be very confrontational.

The mind uses a number of hooks to remember events, i.e. see (visual), hear (auditory) and feel (kinesthetic). When ever a past memory is recalled all the associated sights, sounds and feeling or emotions are also recalled at the same time. These emotions that are



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remembered are based on the age you were at the time of the event, usually as a child with limited knowledge and skills.

Under the guidance of a trained practitioner it is possible to go back and look at that memory of the event or situation with a different set of eyes, with knowing more information and knowing more knowledge, the decision that we made at that time is no longer valid because we are in a different situation in terms of that knowledge base and our understanding.

This provides an opportunity to look at the event differently, because the knowledge and experience base is greater and as a result the decision changes from limiting to one that is empowering and intuitive. There is no longer a limiting belief that we can do it and once we get rid of the limiting belief, there's *no more fear*. We can conquer fear!

No matter where the fear or anxiety comes from, i.e. in the dojo or from specific events at work or at home, fear can be conquered and used as a motivation to achieve success.

The process is part of NLP techniques and is simple when conducted by a trained practitioner and produces amazing results of eliminating fears and phobias that many people have suffered for many years. I have personally gone through the process and know first hand the benefits of conquering limiting decisions and fears. In addition I have personally conducted sessions many times with clients and students and know that it can be done quickly with great results. Yes you can conquer fear, no matter where or what it is. Like all things that are of value it just takes a time and a bit of effort with the right person.

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**Resource Box:**

Mr. Paul Mracek has worked for **over 25 years experience** in Asia, Europe, USA and Australia establishing and building **successful businesses**. Author of several books on success, business, balance and how to apply the “Warrior Mindset”.

Experienced as a Coach, Mentor, Trainer and Consultant supporting both **Businesses & Individuals** who are looking to be at the **Next Level of Performance and success...Personally or Professionally**.

7th Degree Black Belt - Taekwonjitsu

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