

Clear the Fear

THE KEY TO
UNLOCKING YOUR
MAXIMUM YOU

Maximum
You →

Fear...it's such a small four letter word when we look at it written down...but in reality it can feel anything but small.

The words overwhelming and downright uncomfortable may more likely jump to mind and it has the power (if we let it) to keep us trapped, stuck and taking up residence in 'rut-ville'.

Living a life filled with receiving and experiencing our desires all begins with clearing our fear...which is why we've created this e-book!

Over the past few years we have had the pleasure of working with women around the globe and we began to notice a pattern (which of course was once our pattern too) that fear is at the root of all limitation.

In order for us to lead from our Maximum You, we need to get clear on our fears and then find ways to let it be our catalyst for TRANSFORMATION and that is exactly what we're going to give you in the coming pages!

So, strap yourself in we're kicking you off on the adventure of your MAXIMUM YOU!

S & M.x

Contents

01

FALSE EVIDENCE
APPEARING REAL

07

GET CLEAR ON
FEAR

16

FACE
EVERYTHING
AND RISE

01



CHAPTER

01

F **a**l**s**e

E **v**i**d**e**n**c**e**

A **p**p**e**a**r**i**n**g

R **e**a**l**

That's all fear really is...so that pretty much wraps up the whole e-book...

Just kidding but in all seriousness the acronym False Evidence Appearing Real does sum it up ever so simply!

Before we dive into the ins and outs of uncovering our Fears and how they might present in our day-to-day, we wanted to make the distinction between fear and DANGER- because the two are absolutely different.

Danger is very real and it's the circumstances where our livelihood is or could literally be under threat and we need to absolutely take action based on those dangers.

Fear on the other hand is more so a projection of past experience- be this our own or some one else's onto the future.

Another way to look at is that one is physically present and the other is logically present.

Now that we've gotten clear on the difference between fear and danger lets dive into what actually causes fear.

As we briefly mentioned fear "is a projection of the past on to the future based on past experience"- the past experience could be our own or someone else's.

For example: The first time you had to give an oral presentation at school you forgot all your words and dropped your flashcards and the whole class laughed at you.

Now years later as an adult you're completely terrified of public speaking, you get nervous and always think you're going to forget what you're talking about.

The fear you're holding onto is conditioned by the past experience and shapes a belief e.g. I'm not good at public speaking.

An example of a fear taken on through someone else's experience could be a belief that there is never enough of anything not money, time or love because that is what you saw your parents create so of course you modelled your life from that.

It taught you that hard work and striving is the only way to survive and that thriving is not accessible nor should you attempt to perhaps create it.

The fear of not having enough or potentially not being 'enough' then always seems to present- it could be in your health, your wealth, love or career.

Even when you get 'more' the fear of it running out always over rides your current experience.

Our beliefs shape our behaviour and our behaviour creates our reality.

If we believe something is unattainable at either a conscious or subconscious level due to a perceived 'fear' we will continue to re-create our reality based on that belief (even if we say we 'want' the opposite).

Which of course doesn't open the gateway of flow or creating what we 'desire'.

So what could be considered a "FEAR"?

The manifestations of fear are countless we could fear love so it presents in failed relationships even though we may say we want 'love'.

It could be fear of success and although we say we want to be successful we sabotage our efforts by not getting things done on time.

Or perhaps its fear of having the life you truly desire because suffering is all you know and the fear of anything beyond that seems unfathomable, so you continually sacrifice your hearts desires for others.

Again, these are only some of the many examples we could list but we're sure you get the gist.

Over the next few pages our intention is to get you super clear on what some of your potential fear blocks may be, how they're influencing every area of your life and then of course we'll offer you some solutions to CLEAR them!

02

C H A P T E R

02

Awareness is always the first step to change of any kind- including clearing our fear.

With that in mind we've created a few tools to further develop this awareness kicking off with the exercise below:

We've found that one of the quickest ways to identify fear is to look at what you're focusing on!

Is your attention on all the things that don't feel like they are working or is it instead on all the things you 'don't' want to happen?

If the answer is ever YES then you can bet you're operating from a place of fear, where scarcity, lack, dissatisfaction and suffering all thrive.

It might seem a little odd that we've asked you to focus on the perceived 'disfunction' 'lack' or 'limitation' but this brings us to a POWERFUL principal and that is the principal of toward and away and how energy flows.

*"What we focus on
grows"*

Let's start with the concept of energy..

The science of quantum physics has taught us that all things tangible or otherwise (e.g our thoughts) are made up of energy and carry a frequency/vibration.

The types of thoughts we think, the language we use, the environments we place ourselves in, the relationships we engage in and even the food we eat have the power to influence our vibration.

Although this might initially seem a little obscure, granted that we only see and interpret things as physical 'forms'.

There is an answer for that and it's simply that: our human senses like touch, taste, sight etc are only able to interpret the physical dimension of the world around us, which can make it easy to fall into the trap that it is the only dimension that exists and influences our reality.

But let us ask you this have you ever had an experience where you've met someone and you feel so joyful simply being in their presence?

You don't even need to directly engage with them and you can already feel the uplifting energy?

That is the energetic part of you picking up on another energy field that feels attractive.

The reverse can be said for lower vibrating dense energy that makes you feel drained and tired...

Have you ever noticed when you're in a bad mood or having a bad day that more 'perceived' bad things start to happen e.g. you miss the bus, then spill your favourite coffee, drop your phone and the spiral of thoughts about your day just continue and you find yourself telling everyone 'you're having one of 'those' days'?

And of course you're going to have one of those 'days' because your energy field is stuck in the dense, low vibrating energy plane where it only continues to attract those same circumstances.

What does this have to do with FEAR?

Low vibrating energy is attracted to FEAR
high vibrating energy is attracted to thoughts, feelings and circumstances that reflect LOVE- e.g. joy, gratitude and compassion.

When our attention is on disfunction, on the don't wants, shouldn'ts and couldn'ts we attract it into our lives because reality doesn't understand the don'ts, shouldn'ts or couldn'ts it only reflects what we focus on.

The toward and away principal looks at how language and thoughts move us closer or further from our desires.

Toward thinking and language is that which focuses on the out come we desire e.g. I'd really like create more of the things I enjoy vs I don't want to keep doing x, y, z because I don't like it.

This brings us to our next exercise...

We've looked at the things that aren't working or you don't want to happen, so now we're going to flip it!

Re-write these things from a place of toward thinking, what is it you desire? What is it that is already working well? How can you create a glass half full rather than half empty approach to limitation?

Example: Don't want: I don't want to keep doing this job I hate.

Flip it: I am thankful to this job for showing me the qualities I'd like to attract in a working environment moving forward: flexibility, fair remuneration, a fun working environment etc. of course make it what ever resonates for you.

Now it's your turn, pick one of the things you wrote down and repeat for however many you had on the list:

03

CHAPTER

03

F ace

E verything

A nd

R ise

This brings us to our final part of this e-book and this is where we'll give you some of our most effective strategies and tools to allow you to **FACE EVERYTHING AND RISE** and ultimately step into your **MAXIMUM YOU!**

Up until this point we've spoken a lot about language and thoughts but not a lot about how to re-program them, so that's what we're focusing on next.

Tool number 1:

AFFIRMATIONS- yes there's been a lot of hype about them with mindfulness rippling its way through the west but it truly is one of the most effective ways to change our state, when we truly let the words be felt.

We've found that one of the barriers to allowing affirmations to work there magic is that writing them down doesn't necessarily mean you truly believe it, so we wanted to share one of Max's little hacks with you:

When you write out your affirmations have two pages side by side blank at the top of one write Affirmations and the top of the other write Thank-you's.

Now write down your chosen affirmation that reflects the new reality you desire to create e.g. the fear was not enough, the new reality is I am enough...

After you've written it down just take a moment to check in with yourself and ask if you truly believe this to be true?

If the answer is no, ask yourself why not? then let what ever comes to mind first be what you write down in your thank-you's page e.g. because I'm not good enough.

Acknowledging and thanking our limiting beliefs for showing up allows us to create the space for releasing it and replacing it with the new reality.

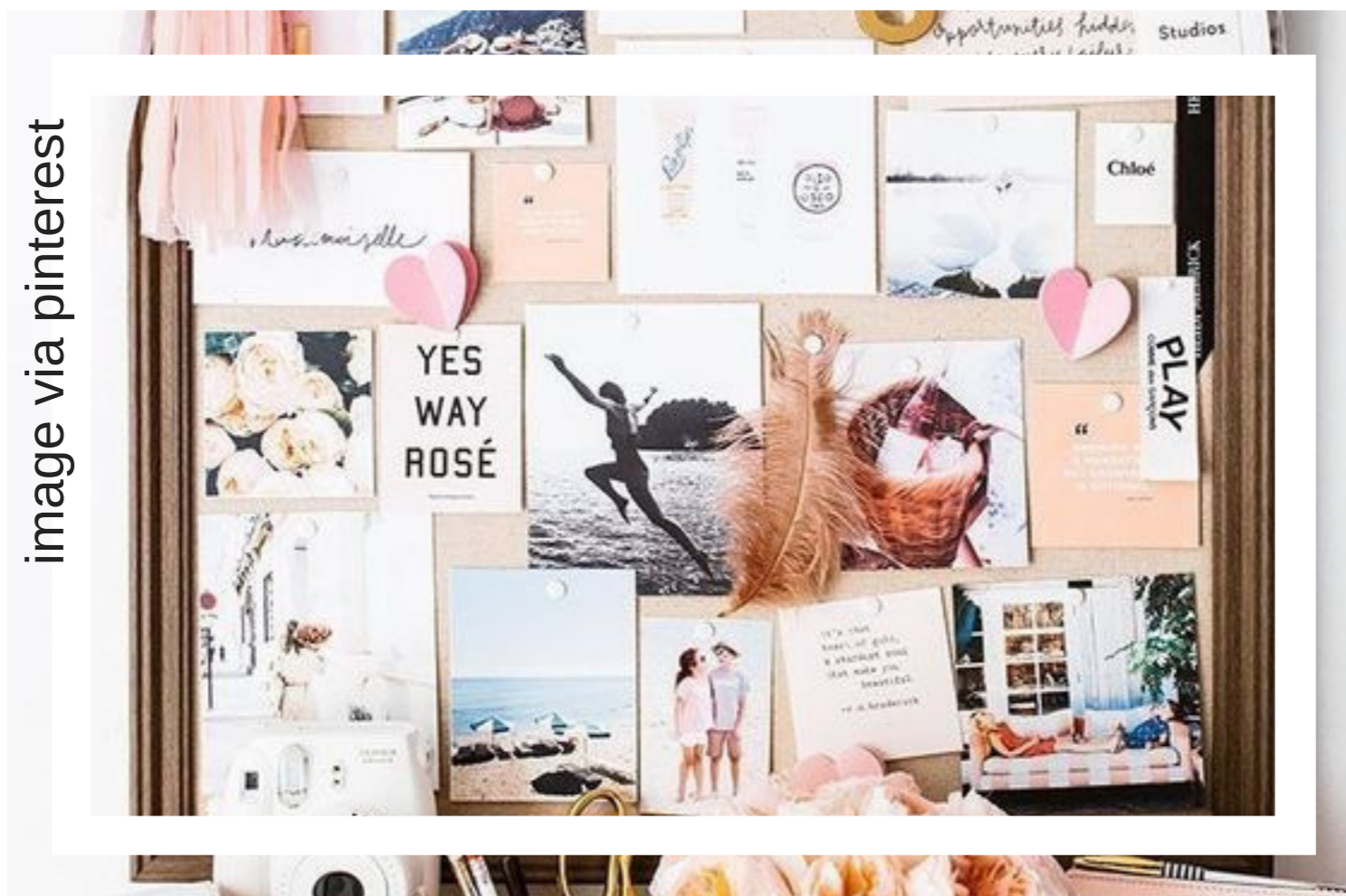
When it comes to writing your affirmations we find carving out 10-15 minutes at the same time each day for 30 days super effective, you may even want to spend a couple of minutes grounding via meditation before you begin.

Tool number 2:

VISION BOARDING- creating a visual, tangible object of the life you truly desire can be a powerful step in taking it out of your head into your reality, not to mention it's super fun!

We love using a cork board and in the upcoming Maximum You "Clear the fear program we'll take you through this step by step!

But for now simply begin by gathering images, words, colours and experiences that reflect the life you desire- where do you live? what kind of relationships do you have? what does your health look like? where do you want to explore?



The options are endless and should of course reflect what YOU truly wish to attract- so there are no 'rights' or 'wrongs'.

Our best piece of advice on this is to put it somewhere you will see it regularly because it has the potential to reprogram your subconscious with out you necessarily giving it your FULL attention!

Tool number 3:

GRATITUDE- it turns what we have into enough and when we recognise that we already have enough, we make space for more of what fills us up in our lives.

We find this tool best used either upon waking or before bed and we like to keep it short and sweet by listing just 3 things your grateful for- it could be the delicious bone broth you had for morning tea or feeling the sun on your skin on a chilly winters day.

Again do this for 30 days and anytime you feel yourself buying into thoughts of fear or limitation revisit your gratitude list, because Love (which intertwines with gratitude) and Fear cannot exist at the same time!

There you have it the tools, tips and tricks you need to begin CLEARING the FEAR and taking empowered action toward your **MAXIMUM YOU!**

If you've loved this as much as we hope you do make sure to share us with your loved ones and if you haven't already joined the #mysisterhood you can sign up via our website:

www.maximumyou.com.au - you'll get loads of free content via our blogs, newsletter and social media channels to empower you further toward your **MAXIMUM YOU!**

Also keep your eyes and ears peeled for our "Clear the Fear program" where we will take you so much deeper into all things fear, mindset and creating your Maximum You!

- S & M.x