

“Wipe Out Your Fear”

**A Simple Guide to Freedom from Fear,
Guilt, Anger, Grief, Overwhelm and More**

by

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The information you are about to discover has been successfully used with thousands of people from around the world. It has been taught one-on-one, on tele-seminars, webinars and with this simple guide and accompanying audio.

While this information has traditionally been sold for \$297.00, it is provided at no cost at this time. In exchange for this material I ask for two things in return. First, that you share it with people you know and love. The contents of this short guide (as you shall soon discover) and the results you can achieve are nothing short of miraculous. Second, when you experience this process for yourself, I ask that you call our hotline and share your audio testimonial so that others can be encouraged to release their own unwanted emotions.

NOTE: The process you will learn here and on the audio program is not therapy. We will not review your past or the story about how you’ve come to have the emotions you no longer want. This process does not replace sound psychiatric advice from a trained professional and you should consult a mental health practitioner for therapy if needed.

To leave a voice message with your testimonial, please call the number below. Mention your first name, your home town and your experience with the program. Tell us how it will affect your life going forward. It is greatly appreciated.

To Share Your Testimonial Dial

(888) 436-3360

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Congratulations

I'm so glad you've decided to get this program. I've used the process you will learn with thousands of coaching clients from all walks of life. And the good news is that it always works.

It wasn't until recently, when the US economy took a turn for the worse that I decided to make this program free. So many Americans are facing loss of work, foreclosure, daily collection calls from creditors, etc., that I had to find a way to get this information out to the masses – so I stopped charging for it. Please help us to share this process by emailing this document to your friends who can benefit. Fear is getting out of control in America and you can help others to find the relief they desperately need.

So long as you follow along with the instructions, your fear is about to become a thing of the past.

If you haven't already listened to the audio coaching portion of the program, this guide will give you a solid foundation of understanding for when you listen to the audio portion. This simple ebook is written in plain language and I encourage you to share it with anyone you think might benefit.

If you've already participated in the audio coaching program, this guide will give you a deeper understanding as to why the process works and also help with any challenges you may be having, however unlikely. Take a little time to read through this guide now. You will find the information in this written material to be very useful as you learn to do the process successfully for a variety of issues.

Note: If you received this guide after listening to our audio coaching program online, it is because we didn't want you to feel overwhelmed by a 33 page document that might prevent you from doing the process. The audios will walk you through the entire process and this guide is not "required." However, we want you to understand and learn the process because it can be used for much more than just fear. In addition, it is important that you realize that you are doing this process for yourself. It is not being done "to" you.

How to Benefit Most From This Program

In order for you to get the most from this program, it is important that you follow the instructions.

Please resist the urge to jump ahead. This entire program has been put together in a simple format that will not require lots of your time. That said, if you just can't wait, you can come back to this guide after you have experienced the process.

By keeping this information short and to the point, it is my hope that you will read it completely...and share it with people you care about.

Once you have an understanding of how it all works, you will let go of your fear much faster. Jumping ahead may actually slow you down.

Read each section in the order it is presented...beginning with the introduction.

So take some time to read through this guide and do the simple exercises you find along the way. The short time you spend here will pay great dividends now and in the future.

When you get to the audio, PARTICIPATE!! Don't just listen passively. To get the benefit you must DO the process. I promise you will find the entire audio to be pleasant and very interesting. But the process will only help you if you do it.

There is plenty for you to learn here and on the audios, but the process itself, after you've done it the first time, is something you can do again in just 2-3 minutes. You will be able to use the process for many issues in your life...so follow along and get ready to feel much better.

Introduction

A recent study showed that the average human being thinks nearly 65,000 thoughts every day. That may or may not surprise you. But did you know that for most people two thirds of those thoughts are based in fear? Two out of every three thoughts have some connection with fear.

What will they think? What if it doesn't work out? What's the matter with me?

Within many thoughts you think are things called presuppositions. Presuppositions are sort of the sponsoring thoughts...or the thought behind the thought. For instance...If someone asks themselves... "What will they think of me?" The presupposition is the idea that they might not like you...or that they might think badly of you.

If someone thinks... "What if it doesn't work out?" They are presupposing that it probably won't work out for them. When you are feeling afraid, there is often a presupposition behind the questions and other thoughts you are thinking in your head.

Just as startling as the discovery that two thirds of thoughts are based in fear, is that 80+ percent of the thoughts you have today...are the same thoughts you had yesterday.

We've become so conditioned! Through repetition, we have trained ourselves to automatically respond the same way to the circumstances in our lives...without really thinking at all. It is more like we are being thought...by our unconscious patterns.

Everything we do in life is driven by our desire to feel good (or avoid feeling bad). But most people are living with fear on a daily basis. Would you like to feel a sense of peace all the time? Would you like to let go of the fear? What would you like to feel instead...joy, confidence, passion?

This program is about changing the old patterns that have been automatically causing you to feel fear.

[It's about time to feel better...don't you think?](#)

Just sit back and relax. In this introduction, I'll tell you how to let go of unpleasant emotions once and for all.

Simply stated, it all comes down to patterns in the way that you communicate with yourself...but it's much more than just the words you are using.

Did you know that every emotion you have ever felt has a recipe? It's true. Every human emotion is made up of three primary ingredients.

These ingredients include the pictures you make in your head, the way you use your body (gestures, expressions, breathing patterns, etc.) and the way you communicate to yourself with sounds...your voice.

Think about it. When you're afraid, you make big pictures in your head that represent the worst. You restrict your breathing and tighten your muscles. And you also talk to yourself about the problem and how bad it is. No wonder you feel afraid.

Actually, changing only one of the three main ingredients is sufficient to shift how you feel. Changing all three is even more powerful.

How to feel better...automatically

The challenge with most methods for changing how you feel is that they require constant focus. Unfortunately, the unpleasant feelings can easily return the moment you change your communication back to the way you had it before.

While it is nice to have a break from fear, it is preferred to let go of the unpleasantness all together. Do you agree?

Imagine what it would be like to be able to go back to the same situations where you usually felt afraid...but feel totally at peace instead. When feeling peace instead, will you be more or less energetic, more or less creative, more or less resourceful? If you are at peace in the situation, will you have more or less influence with others? Will you be more or less happy?

Obviously, peace is an emotion that will serve you better than fear. Maybe you would add other emotions to the sense of peace...like confidence, love, enthusiasm, joy or passion.

My purpose here is to offer you an opportunity take control of all your emotions...once and for all. The goal of this process is two fold.

First, to make it just as difficult to feel the fear...as it has been for you to "not" feel it until now.

This is an important point I want you to understand. You will know the process is complete when it becomes just as difficult for you to feel the fear...as it has been to "not" feel it in the past.

The second goal of this process is to cause you to feel a completely different emotion under the exact same circumstances where you used to feel afraid.

This is entirely possible and it can happen in a matter of minutes when you know what to do.

In order to make this happen, we need to change some of your conditioning. What I mean is, we need to make this feeling of peace your automatic response...just like the fear seems to be automatic now.

As I said, in order to automatically change how you feel, we have to change your conditioning. The truth is...up until now, you have fallen victim to your own patterns of communication.

Through simple repetition, you have learned to feel unpleasant emotions quite "automatically" when certain conditions show up in your life. A certain person is present and you are on edge. The phone rings too many times and you feel overwhelmed. You think about a lost relationship and feel sad. Someone speaks to you with a certain tone and you feel angry. Now it's time to change all that.

Four beliefs that need replacing

Most people have four beliefs that really limit them when it comes to personal change. These common disempowering beliefs are:

- ✓ Change is difficult
- ✓ Change is painful
- ✓ Change takes a long time

✓ Change is temporary and probably won't last anyway

Clearly, the reason most people hold these beliefs is because they have personal experiences to back them up.

It is my desire to help you change these beliefs...by giving you a powerful experience of the exact opposite. The truth is, change can be extremely easy, total pleasure, happen almost instantly and last forever.

So let me explain how this change can occur easily for you.

As we begin, you need to understand some important points.

Resistance is futile

First of all, the last thing I want you to do is resist your fear. This is not about emotional suppression. It's about emotional mastery. Another reason why most people find change difficult is because they are in conflict. They have feelings and try to force them down.

The natural response is to try and force down the emotions that don't feel good...or try to resist them. As you may have noticed, the more energy you put toward resisting something, the more the problem seems to persist.

What I want you to learn is how you can use the fear as part of the solution...rather than resisting it. Doing this will make the process much more enjoyable and the results you desire will come much faster.

We are all a little schizophrenic sometimes

Remember how I told you that your emotions all have recipes? Well one part of the recipe for emotions seems to play a much larger role than the others when you want to change how you feel automatically.

As it turns out, we are all a little schizophrenic! Don't panic! What I mean is, we are all hearing voices in our heads. We hear ourselves or the voices of our parents or others telling us to be afraid, what we don't deserve, what we can't do, etc.

The words these voices use are far less important than other elements in the way you hear them. What I mean is that the volume, location, tonality and other elements of the voices are far more impactful than the words themselves. In fact, **words only account for 7 percent of human communication.** The volume, location, tonality, etc. account for 38 percent.

Two Simple Experiments

To demonstrate this, let's do a simple experiment.

Imagine that someone you respect is angry and screaming at you from 100 yards away. Imagine they are saying you are stupid and worthless. It may be difficult to hear them clearly from that distance, but use your imagination. Just imagine that for a moment and notice how it feels to you...

Now, imagine them standing six inches from your face screaming the same message. They are so close you can feel their breath on your face. Notice how it feels to get the same message from only inches away...instead of 100 yards.

When the message is closer, it is much louder and feels more personal doesn't it? When it is further away, the volume is diminished and the message has less impact on you.

Now let's do another experiment. **You'll really like this one!**

Imagine someone you find very sexy (maybe your lover) whispering something exciting into your ear. Imagine them using their sexiest voice...saying something you would really like to hear. Take a moment and enjoy this.

Now let's change it a bit. I know you don't want to, but c'mon. This time have them say the same message in your ear, but with the voice of Mickey Mouse...and notice how different this feels.

I'm sure you now understand how important tonality is. The right words with the wrong voice just don't give you the same feeling.

So what's the point of these experiments? The point is that the way you communicate messages to yourself, works in the same way as when others are communicating with you. The voice quality you use when talking to

yourself will determine how you feel more than the words will. This is a critical learning.

Do you remember how the voice 100 yards away was harder to hear and didn't impact you as much? What do you think would happen if you moved the voice even further away? What if you moved it beyond the point where you could even hear it...like to the moon?

Understand this! **If you can't hear the voice...you can't feel the emotion.** In order to permanently do away with the feelings you don't want, you must make these voices go away on their own. That is what the process is all about.

Are your buttons being pushed?

Remember how the intensity of your emotions was diminished when the yelling voice was 100 yards away? What if there was a way for your unconscious mind to automatically move away the voices that don't make you feel good...and replace them with the voices of peace, confidence, passion or whatever emotion you choose? This is what we are about to do together.

How can you feel different...automatically?

The answer: Simple. Conditioning...in a very specific way

Have you ever heard someone talk about having their buttons pushed? What they are really describing is the result of conditioning. They are really saying that their emotions are being triggered by some outside force...and that they felt out of control.

We don't just want to deactivate the buttons. We want to reprogram them to give you different emotions when they are pushed...change them to the emotions you choose and that will serve you most.

When you are feeling a strong emotion for the first time, your brain begins to make associations between what you are feeling and what is happening around you. It is looking for an explanation for why you are feeling that way. Usually, you will pick the first and most obvious explanation you can find...and do it very rapidly.

Once your unconscious mind links the feeling with the "believed" cause, it will faithfully deliver the specific emotion whenever it recognizes the presence of the "cause" in your experience. That is why you seem to automatically feel certain emotions under different circumstances.

This is all fine when the emotion you feel serves you. But when it doesn't serve you, some reprogramming is needed.

You must now learn how to train your subconscious mind...deliberately.

Use your imagination

To change how you feel automatically, you have to use your imagination. Your subconscious mind does not know the difference between what is real and what is imagined.

Here is an example to help you visualize how the process will work.

Imagine you have a box of red rubber balls. When you throw a red ball on the ground it turns blue and bounces back to you. You bounce another red ball and when you catch it, the ball is also blue. Each time you bounce a red ball on the ground it comes back blue.

Essentially, you are exchanging red balls for blue.

To change your emotions, we want to use a similar process by sending away the voice of the emotion you no longer want...and exchanging it for the voice that goes with the emotion you would rather feel instead.

Remember, we don't want to fight the old emotion, we want to use it as part of the solution. When done properly, the old voice will now become the reminder for your subconscious mind to send it away and give you the preferred emotion instead.

When done rapidly and repeatedly, your unconscious will quickly learn that you are asking to feel an entirely different emotion under the same circumstances when it used to give you the feeling of fear.

By feeling the pleasurable emotion in your body throughout the entire process, you will discover that the change can be remarkably fast...usually within just a few minutes.

Just imagine how much better you will feel

Once your unconscious learns this new pattern, it will faithfully and automatically deliver you the preferred emotions...without you having to even think about it.

Ask yourself this question. How hard do I have to “try” to get myself to feel afraid? The emotions you have been feeling come easily, because they have been conditioned. They have become automatic responses. Now it is time to make the joy and confidence automatic. Allow the peace and happiness to be automatic. Feel love and connection...automatically.

You will find yourself feeling different in the same situations where you used to feel fear, stress, guilt, grief, sadness or whatever.

As I said earlier, the goal of this process is two fold:

First, to make it just as difficult to feel the fear...as it has been for you to "not" feel it until now. Many people get the giggles during this process because they suddenly find it difficult to even hear the old voice of fear in their head.

Second, to feel entirely different emotions under the exact same circumstances where you used to feel afraid.

Imagine what your life will be like when being rejected suddenly makes you feel peaceful or excited. What about when stress is what "other" people experience...but you just feel a calmness and confidence inside? What will you do first...when fear no longer stops you?

Everything you do in life is driven by your emotions...everything. When you change the way you feel, you get a new life. Forget this idea that you need to step outside of your comfort zone, forcing yourself to do what you fear.

Instead, let's just make your comfort zone so big that every new experience is an adventure for you. Let's take away the fear so you can easily take action and enjoy the surprises along the way...whatever they may be.

I know on the surface, something so simple may seem like it could never really work. However, I can assure you that it works like magic. I've done this process with hundreds of people over the years and am always amazed myself as they easily let go of fears they have been battling for years.

Keep in mind that your subconscious is a very faithful friend. It will deliver emotions to you like clockwork. The challenge for most people is they don't know how to communicate with their subconscious in a way it can understand. Your mind performs billions of operations every second. It learns very rapidly. Therefore to teach it a new pattern, you must do it rapidly. And that is just what this process is designed to do.

Why This Program Works For Everyone

I realize that it's quite bold to suggest that the process you are learning will work for everyone. But I can say this because after doing it with hundreds of people, it always has.

The reason it is so powerful is because it makes use of something that is the same for all of us...the central nervous system.

You see, we all have one. And all of our conditioning occurs there. Your central nervous system is the place where your unconscious mind lives. When you think about it, most of what you do has become automatic.

When you drive a car, you watch for oncoming traffic, navigate, eat, and listen to the radio...all at once. You do most of this without even thinking about it. It has become automatic.

You can thank your central nervous system for this...or more specifically, your unconscious. Because you can only consciously be aware of one thing at a time, you need a system for dealing with all the input. Your unconscious learns very quickly and then performs these functions for you...automatically.

The fear you've been feeling is just another example of an automatic response that has been delivered to you by our central nervous system. And since this system works the same for everyone in the same way, the process of change can work for us all.

The key is in understanding how to communicate clearly with this unconscious part of you...so it understands what you really want.

You see, your unconscious' job is to be your servant. It is there to deliver the vital responses you need to survive. The problem is not with your unconscious...but with the way you have programmed it.

All your life it has faithfully delivered you the exact patterns of response that you have programmed it to. But you began programming it before you understood what you were doing.

When you learn to communicate your desires clearly, your central nervous system (unconscious to be more precise) will respond just as you prefer...with more empowering emotions.

The fear will be replaced with whatever emotion you desire...as automatically as the fear has come in the past.

Identify Your Fears

Before you can “Wipe Out Your Fear” it might be useful to identify it. I’m not suggesting that you identify with it...but rather, identify what it is.

The last thing I want you to do is analyze your fear. The story about a problem rarely ever leads to a solution. Knowing how you came to be afraid (the story) is irrelevant for the most part. In fact, it is a big part of the problem. So let’s just ignore the story and focus on what you want.

What I’m asking you to do is simply get clear about what you’re afraid of.

Here is a list of common fears.

Fear of Failure
Fear of Rejection
Fear of Loss
Fear of Success
Fear of Death
Fear of Public Speaking
Fear of Snakes
Fear of Heights
Fear of Flying

The list could go on and on...but your fear is what’s most important now. If, for instance, you have a fear of failure...what failure do you fear? Is it that you’re afraid you won’t be promoted? Do you fear you won’t make enough money? Are you afraid you’ll fail a test?

To say that you have a fear of failure is quite vague. We need to be more specific. Spend a few moments and get clear about what you fear...specifically.

Does your fear show up only under certain circumstances? If so, get clear about just what those circumstances are. For instance: “I feel afraid whenever I think of asking someone on a date.” “I feel scared whenever I’m asked to give my opinion.”

Simply make a list of the issues. Don’t be surprised if your list is quite long. When you start getting specific, you may begin to remember lots of fears. No problem. Just list them as you become aware of them.

Take a moment and rank them in order of severity. Which fear on this list creates the most trouble for you in your life? Which is second? Etc.

Don't get hung up on getting the order exactly right. It is really only important for you to see which fears you want to begin with...and which can wait until later.

Rank all the fears now.

Rules of the Game...General Guidelines

Now that you have identified the specific fears you are experiencing, it is time to give you some rules and guidelines that will make this process work much faster for you.

The Four Rules

There are four basic rules that are important for you to follow. If you have any trouble getting rid of the fear right away...odds are, you've broken one or more of these rules.

Rule Number One: Let Go Of Your Need to Do It Perfectly

I realize that many people are caught up in this need to be perfect. Now is not the time for it. As you do his process, it is important that you give yourself permission to be imperfect. Let's face it...none of us are perfect anyway.

Perfectionism is really the lowest standard of all...because it is an illusion. If you want to let go of your fear, you must let go of the need to do this process perfectly.

I suggest that you simply make a decision to set it aside for the time being. If you like, you can pick it back up again when you are done.

As a side note, your need for perfection is likely to be rooted in fear. "What will happen if I make a mistake?" This and other similar questions keep perfectionists stuck.

While there are great benefits to seeing every detail in your work and identifying potential challenges in advance, your desire to be perfect can take away your joy and happiness. As you learn to use this process of letting go of your fear, you might want to use it to let go of the need for things to be perfect. It's up to you.

In any case, when doing this process, just relax. Your experience will be much easier if you allow yourself to experience the process without trying to do it perfectly.

One primary reason why it is important to let go of trying to be perfect is that it will cause you to violate rule number two.

Rule Number Two: You Must Do This Process Fast...Fast...Fast

Almost all personal change happens very rapidly. While it may take someone decades to decide they are ready to change, the change itself can happen in an instant.

In my personal coaching I like to use this example to illustrate my point:

You don't learn to fear bees over the course of twenty years. You get stung by a bee, you notice it's a bee, it hurts...and now you are afraid of bees. In a moment you changed from having no fear of bees...to fearing them.

While this is a simple example, it is absolutely true. You are always looking for explanations for the events of your life. Most people accept their first idea about the meaning of an event...to be the actual reason.

As soon as you decide what something means, your unconscious mind goes to work to help prove your belief true...and also give you automatic responses that are consistent with the meaning you've assigned to the event.

Therefore, when bees show up...you feel afraid and move away from them...automatically.

I'm getting a bit off track. The point is that almost all personal change happens very quickly. It is my belief that this is why therapy does not work for most people. Insight on its own rarely leads to meaningful change. Lying on a couch for 10 years in therapy may help you to gain insight into the story about how you've come to feel miserable...but that insight does not result in spontaneous happiness.

Since your unconscious mind learns so rapidly...change must occur rapidly. Rule number two demands that you do the process (the one you will be learning soon) as fast as you possibly can. Even if it seems that doing it so fast feels awkward and like it couldn't possibly work.

As I mentioned before, if you violate rule number one (let go of the need to do it perfectly) you will automatically violate rule number two. This is because if you try to do it with perfection...you will slow yourself down.

Trust me on this. Let go of your need for perfection and just do it as fast as you can. You'll be thrilled with the results.

Rule Number Three: Allow Yourself to Feel at Peace throughout the Entire Process

When you listen to the audio, before you let go of the fear, you will be guided to a feeling of deep peace and comfort. You will enjoy this process of relaxation.

The purpose of this exercise is to prepare you to do the actual process. It is important to enjoy this step. Find a place where you will not be disturbed for 10-15 minutes. Your job is to simply listen to my voice and be guided to a remembered or imaginary place where you will feel a deep sense of peace.

Just let go. Most people report that they really enjoyed the break...and got very relaxed. We will use this experience of deep peace as we do away with your fear.

It is important for you to be relaxed and enjoy the process of letting go of your fear. As you do the process, you will want to stay associated the peaceful feelings...not what you have feared.

Rule Number Four: Let Go of Your Need to Resist the Fear

One big reason people have such a hard time changing is that they are expelling too much energy trying to resist their own emotions.

I'm sure you've noticed that the more you resist, the more the problem seems to persist. At an unconscious level, the part of you that gives you this feeling of fear has its own identity. It will fight with all its power to resist being destroyed by you or anyone else.

I'm sure you've noticed how difficult most people find it to quit smoking or lose weight. This is due largely to the fact that they resist their patterns so much.

This program is about emotional mastery...not emotion suppression. Rather than resisting the part of you that gives you these feelings, we want to make friends with it.

In truth, this part only resists you because it believes you need it to do what it does...so you will survive. It is a faithful servant who has been given the wrong instructions.

So don't try to force or resist anything. Just go with the process. This fearful part of you will happily become part of the solution when it learns what you really want. Just flow with the process.

If you follow these four basic rules, you will find the process to be extremely easy to do.

How to Do It...The Process

Up until now, you have identified the fears you wish to release, you understand the four rules and you are now ready to learn how to do the actual process.

I encourage you to read this section completely before you begin or go on to the audio. While the process is very simple, it is useful for you to learn the steps before you actually do them.

As I said in the last section, the audio will guide you to a place of deep peace. Once you have experienced that process, you will be ready to begin teaching your unconscious what you would like to feel instead of the fear.

Here is a simple outline of the steps involved. Each of these steps will be explained in more detail on the audio portion of this program.

Be sure to continue feeling the peace with your hand on your chest as you do the steps from beginning to end.

1. Close your eyes
2. Begin with a feeling of peace inside. Do this by going back to the picture of the peace in your mind, talking to yourself (in your head) with that peaceful voice and moving your hand on your chest...the way you learned from the audio. Get relaxed...feeling good. If you like, put on some relaxing music in the background.
3. Become aware of the fear
4. With your imagination, send your awareness of the fear off to the sun...as fast as you can. This is where speed is important. It should take only a split second for the idea of the fear to reach the sun. If you are a Star Trek fan, you can beam it there.
5. With your imagination, have the voice of peace return in its place...racing back from the sun and exploding into your chest...where your hand is. The speed is just as important here.
6. Once the voice of peace reaches you, you can slow down a bit and focus on the peaceful feeling by repeating whatever you've been saying to yourself with that voice. Say it a couple of times using that peaceful voice. "This is who I am...I'm always at peace." Say whatever you've been saying to feel the peace.
7. Open your eyes.

The entire process I just explained should take you about 2-3 seconds...once you are feeling the peace.

Remember, we are not going for perfection here. We are going for speed...while you are feeling at peace.

You will be doing this exact process over and over again for several minutes. When you listen to the audio portion, I'll guide you along.

What to Expect

As you begin to do this process, you may have one of a number of experiences. Whatever your experience, trust that it is just the right experience for you. Remember, there is no “perfect” way to do it.

People describe lots of things as they let go of their fear and other emotions. Some people find the process very easy...then hard...then easy again.

Others find it hard at first, then easier, then hard again.

Still, others find the entire process easy.

In most cases, after you have done the process quickly a number of times, finding the process to be more difficult is a good sign. After only a few minutes, many people find it becomes quite difficult to bring the old fear into their awareness.

I often hear people saying, “I can’t seem to bring up the fear.” This is a great problem. When this occurs, do the process some more...and simply send away the idea of the fear.

Whatever your experience...just flow with it. Your emotional response may vary too. Some people find themselves giggling as they do the process. Others cry as they begin to feel the relief of not having to deal with the emotion any longer. Others simply notice that it has worked...and don’t feel any intense emotion...other than the sense of peace.

As you do the process again and again, you may feel as if something strange is going on in your head. Some people describe a feeling like having furniture moved around up there. Actually, this isn’t too far from the truth. If you feel a bit off balance or strange during the process and briefly afterward, it is because your brain is reorganizing. There are lots of connections be re-wired all at once. This feeling will soon pass. Just take it as a sign that your unconscious has gotten your message.

I cannot stress this enough. Just flow with the process. No need for perfection.

Testing Your Results

If you recall during the introduction, I mentioned that there are two things that will happen during this process that will let you know when you are done.

First, it will become just as difficult for you to feel the old fear as it has been for you to “not” feel it for so long.

Secondly, you will feel something entirely different instead.

Once you have repeated the process described above a number of times, you will begin to notice that the old fear seems to have lost its grip on you. When you think about the fear, you simply feel peace...or at least neutral.

After you have done the process 40-50 times as fast as possible, you might want to stop and think about what you’ve feared. It is not uncommon that only 10-20 times is sufficient to begin to change your emotion.

As you do this process more and more (with other troubling emotions) you will find that you need to do it less and less to get the desired result. Through simple conditioning, your brain will learn what you are doing and will respond much faster in giving it to you.

I find that I can usually only do the process 3-4 times (just 10-15 seconds) and be completely finished. It is only a matter of practice.

I should note, however, that once you have dealt with any specific feeling completely, it will not be necessary for you to do the process any more...for that particular emotion or circumstance. Your brain has learned the new pattern and will faithfully deliver you the emotion you have requested...automatically.

So, once you begin to notice yourself having trouble bringing up the fear, it is time to test.

Imagine the thing you have feared...actually happening. Imagine the worst...and notice how you feel about that. Try hard to get yourself to feel the fear again...and notice what happens. Make the pictures really ugly.

If you feel neutral or at peace...you’re basically done.

Take a few moments and consider these important questions:

- Who will I become without that old emotion in my life?
- What will I accomplish now?
- What more can I contribute without that old emotion?
- What new adventures will I enjoy without that old emotion?

Take some time and imagine your future now that you are free.

If you feel any fear at all, it is simply a matter of doing the process more.

If you are finding the process particularly difficult, you will find the answers you are looking for in the troubleshooting section at the end of this document.

Remember the four rules...and trust them.

Expanding The Benefits

What I've given you here is a basic formula for doing this process. In truth, you can do it in a variety of ways to change emotions, behaviors, beliefs and much more.

The less you get caught up with the idea that there is only one right way to do it, the more ways you will find it useful.

Here are some examples of variations on the theme. So long as you follow the four basic rules, nearly any variation can work nicely.

- You can send away the voices of others...like that of your complaining teenager or a crying baby
- You can send away a picture of a situation that causes you to feel pain...like your boss yelling at you
- You can send away images of yourself behaving in ways that don't serve you...like drinking or smoking
- You can send away beliefs that don't serve you...like "I'm not smart enough."

I've found that by sending away the voice of an emotion, I can change how I feel in every situation where I used to use that old voice. Sending away the voice of fear, for instance, can generalize to other situations you haven't even thought of yet...where you use that same voice.

For instance, I once did the process with a smoker. He smoked because he wanted to feel at peace. So I had him send away the voice of "I've gotta have a cigarette" and bring in the voice of peace. Then, when he thought about smoking...he felt at peace and so he didn't need the cigarettes anymore.

But a few months later he reported that he had lost 30 pounds. In his case, he used the same voice to become obsessed with eating as he did to become obsessed with smoking. This is a nice and common positive side effect.

When you send away a picture, because the picture is specific to a particular context, it will help you in that context only...except for the

increased confidence you will feel when you find yourself responding in a more resourceful way in that context.

Whatever you choose to use this process for, it is wise for you to continually strengthen the feeling of peace you create during the guided meditation. The more you are at peace while you focus on that beautiful picture and talk to yourself with that voice, the easier it will be for you to get back there.

If you place your hand back on your chest...as you will be instructed on the audio...you will find that it will become very easy to bring that feeling back whenever you need it.

I find it particularly useful when I want to go right to sleep at night.

The reason it is important to condition yourself to feel this peace is that you can use this peace whenever you need to let go of another emotions. Since you already have the peace, you simply need to repeatedly send the undesired emotion away and bring in more peace.

This will allow you to get results much faster...by not having to work so hard at getting to the peacefulness first.

One last, but important point in this section. We used peace as the alternative emotion simply because it is an emotion I can easily guide you to...without you having to do very much.

But we could have also used any other emotion that would serve you better. You might want to add other emotions to the peace...with your imagination.

What about confidence, or happiness or passion? Remember the recipe in the introduction? Your emotions have a recipe. If you exaggerate the pictures in your head, the voice in your head and the way you use your body, you can manufacture the emotions you want to use.

It is simply a matter of feeling great first...and quickly teaching your unconscious to give you this emotion instead of the one you want to let go of.

Play around with this process. There is no end to the ways it can be used.

Troubleshooting

If you are having any trouble with this process, chances are it is because you have broken one (or more) of the four rules outlined above. My first suggestion is that you go back to that section and read it again.

Still, I want to give you a few things to consider that may not be entirely clear.

First, it is critical that (while doing the process) you do not associate to the feeling of fear. If you find yourself getting caught up in the fear during this process, here is a simple solution.

Send it away sooner. Remember, you need to stick with the feeling of peace from beginning to end. If you are feeling the fear, you simply need to send it away before it causes you to feel anything.

That said, it is important that you do not wrestle with the fear either. You don't want to force it to go to the sun. You don't want to try to destroy it at all. You want it to become the part of you that sends back the feeling of peace. So just flow with it. Gently send it away and imagine it sending the peace to you in return.

Remember, only begin the process of sending away the unwanted emotion after you are feeling a sense of peace and calm in your body.

If you are still having trouble, you are probably doing one of two other things. Either you are doing it too slow for your brain to get the message or you are trying too hard to do everything exactly right.

These problems are often related. Trying to be perfect will definitely slow you down.

All I can say is that you have to learn to trust the process...and trust yourself. Once you decide to let go of the need to not "mess up," you will do just fine.

If you are free from the need to be perfect, feeling the peace from beginning

to end and not resisting the fear, speed is the only issue. Speed will come as you do it more.

By the way, when I say do it “fast,” I realize that fast for one person is slow to another person. The key is to do the best you can. Do it “fast”...whatever that means to you. You will get better within the first few minutes if you are persistent.

If it seems too fast, don't panic. Speed is part of what makes this effective...even when it seems like it can't possibly be working.

I should mention that the peacefulness you felt during the guided meditation is an important part to this process. If necessary, go back to that part of the audio and listen again. The more peaceful you feel, the easier this process will be for you. I'm sure you won't mind giving yourself another break...and feeling relaxed again.

One final note related to troubleshooting:

During the guided meditation, you will be using your imagination to relive a memory or an imagined experience of deep peace.

You will be instructed to make vivid pictures in your head, talk to yourself with a peaceful voice, etc. I realize that some people tend to be more visual (making pictures easily in their heads) while others are more auditory (listening to what is being said).

If you have this idea that you aren't good at making pictures, no problem. The truth is that you are so good at making pictures in your head that you do it so fast you don't even notice them.

Think about what you had for dinner yesterday. In order to do that...you made a picture in your head. We are all experts at making pictures. We just do it so fast we often don't notice them.

In any case, the goal of the guided meditation is to get you relaxed. If you can feel relaxed without making pictures...great. It really doesn't matter. As you listen during the process, simply focus on the voice in your head and the relaxation in your body.

Again, don't get hung up on perfection.

Conclusion

I've written this guide as simply as I could. While there is a lot of content here, you will find that the process can be extremely easy.

It has been a great pleasure for me to have been given the opportunity to share this process with thousands of people over the years. When you use it, I'm certain you will find it to be as useful as I have.

Let your imagination run wild. There is no end to what you can do with this simple technique.

As you let go of your fear and other troubling emotions, I would love to hear about it. Feel free to email me with your story...and any new ways you discover to use the process for healing.

You can email me at: jeff@jeffputnam.com

While this program will go a long way to free you from your old patterns, there is much more that can be done.

If you would like to learn more about how to take control of your thoughts, beliefs and emotions, I encourage you check out my personal coaching services at www.jeffputnam.com or call me directly at (847) 793-0146.

Warmly,

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Remember: While this information has traditionally been sold for \$297.00, it is provided at no cost at this time. In exchange for this material I ask for two things in return. First, that you share it with people you know and love. The contents of this short guide (as you shall soon discover) and the results you can achieve are nothing short of miraculous. Second, when you experience this process for yourself, I ask that you call our hotline and share your audio testimonial so that others can be encouraged to release their own unwanted emotions.

To leave a voice message with your testimonial, please call the number below. Mention your first name, your home town and your experience with the program. Tell us how it will affect your life going forward. It is greatly appreciated.

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