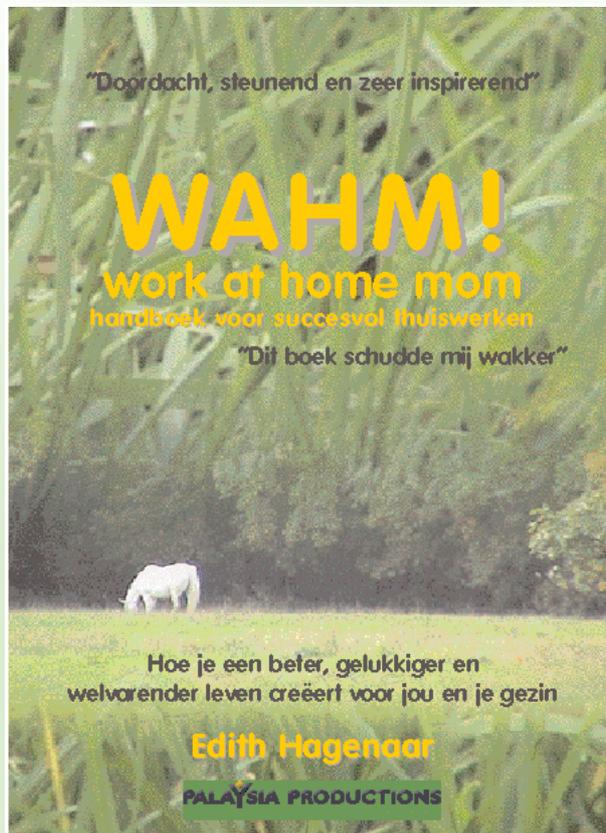


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uit de e-book serie
Winning at Working from Home

**How to let go of the one thing that is
preventing you from reaching your goals
—the story of how I overcame my worst enemy
a step-by-step guide**

Edith Hagenaar

PALAYSIA PRODUCTIONS
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E-book
**How to let go of the one thing that is
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—the story of how I overcame my worst enemy
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Refrain from using this guide unless you are mentally stable and are not using any drugs to suppress mood swings or depression.

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The story of how I overcame my worst enemy

I haven't been completely honest with you. In the sales copy of *Winning at Working from Home*, I mention there a five main reasons why mom's don't succeed in working from home.

But there is one ultimate cause for failing in a home business. One single thing most people would never admit to being the reason of their failure. One single ground for why moms give up on their work-at-home-dreams.

And it is actually so powerful, that almost everyone on this planet is willing to settle for mediocrity or less in order to avoid facing it. It is so strong, that most people are willing to forgo their dreams in order not to have to deal with it. It has such force, that it can prevent nearly anyone from reaching their destiny.

Now you might think I'm talking about procrastination.

But I'm not.

I'm talking about the mother of procrastination, I'm talking about our biggest enemy: fear.

Excuses

While I was working on the international edition of my book *Winning at Working from Home*, everything went smoothly. I revised the Dutch version and sent it off to my translator. I spent days doing additional research. I thought it was going to be a breeze.

But then came the time that I needed to write additional copy. I needed to contact other wahms all around the globe to interview them for the book. I needed to write my sales copy and I needed to contact other writers so I could offer extra ebooks with my book.

My to-do list for this project was 53 entries long — while my regular work lay waiting as well. I started doing ten little things at a time while procrastinating with the bigger tasks, which unconsciously stirred my agitation even more.

This reprehensible behaviour of mine continued a few weeks in a row. Obviously, by then I just had to have a pack of cookies at my desk every time I said down to work. Don't you just love the way food gives you the opportunity to procrastinate even more?

Oh, no, I never blamed myself, of course not! There were so many other reasons why I couldn't work. I'd had a sick kid, my housekeeper was away on holiday, I had to finish that interesting discussion on a mailinglist I was on, it was too hot to work at the attic. You name it, I've used it as an excuse.

All the while, all my savings had gone into the translation and other investments I had to make. And the publication of the book wasn't a tad closer.

To be and not to be

One Saturday morning, when my husband had taken the kids out for the day, I sat in my office in the attic, staring at a blank computer screen.

Then I panicked. I was in anguish. Terror struck me.

I knew I wasn't going to make my self-imposed deadline. But that wasn't even the main cause of my anxiety. I was overwhelmed with all the work I still had to do and on top of that, I was afraid of doing it.

I was paralyzed. The only thing I could move was my mouth: to utter cries of anxiety.

To tell you the truth, I don't know where this fear came from. Maybe it was fear of rejection, or fear of failure, of losing my money. It could also have been fear of my destiny, fear of being the very best person I can be, of my own divinity. Or fear because I doubted the Universe.

Maybe it was a combination of all of the above. In any case, I felt like my back was against the wall. Of course I could run away and hide, cram a pound of chocolate down my throat and cancel the whole project. But I felt there was only one thing I could do. The one thing, that this fear had actually prevented me from doing before.

I had to face my fear. I had to stand there, in our attic, beside my desk, and feel the fear in every single part of my body. I had to experience the convulsions caused by my tremendous fear. I had to be fear.

And then, I had to not be fear.

Misfortune

You know, at the very very basis, there are only two things that motivate us. Our two deepest, innermost emotions are the mother and father of every other emotion we know. Every decision we have ever made was influenced by either of two thoughts.

The thought of Fear, and the thought of Love.

Now the problem with fear is that it attracts that which you are afraid of. You attract what you radiate, that is a universal law. If you radiate fear of rejection, you will be rejected. If you radiate failure, you will fail.

So if I'd had continued working on my book while experiencing this sense of

anxiety, with certainty I would have brought misfortune down on myself.

I knew this to be true and yet it took me so long before I finally looked my fear in the eye. But now, I was there at last. And I knew what to do.

Glow

I felt the fear in every spine. I cried out in angst: help me, please help me, please help me write this book. Then I deeply inhaled three times.

I envisioned my late grandmothers and little sister there with me, as well as the entire myriad of women before them. As I increasingly felt their presence, I became calm.

I visualised a large beam of white light, right in front on me. I inhaled, and then I stepped into the light.

I then visualised bringing the fear from every part of my body into my stomach, like a big black ball. I surrounded this ball of fear with light and love and let the love absorb the fear.

Fear evaporated in the glowing warmth of Love.

I then did my regular energy-building meditation and after that, hugged my grandmothers and little sister and thanked the Universe and all mothers before me for their help. I felt such a power and burning desire to start writing I almost burst with enthusiasm.

I took my to-do list and prioritized it. The hardest and biggest tasks ended up at the top of my list. I dutifully worked the list, one task at a time (I'm not done yet, this chapter is also on the list!).

And I feel grand! I love every minute of it! I enjoy doing everything I dreaded before.

I replaced fear with love. It made me happier and it ensured my writing is the best it can be, so I can give you what you deserve: my very best. I wouldn't settle for anything less.

What about you?

Do you really want to live your life to the fullest? Do you really want to be happy? Do you really?

Then from now on, think speak, act only out of one thought: the thought of Love.

Let fear be the opposite of everything you are. In every situation, think these

simple questions: what would Love do? What would be the loving way to handle this? Which is the path of Love?

You will be tested. Life will impose smaller and bigger tests on you, every day. Be prepared to be tested.

The right path

To prevent an impending anxiety-attack, take the first step-by-step guide and follow the instructions. If you're already in a situation similar to my panic-attack, use the second step-by-step guide and follow the instructions carefully.

PLEASE NOTE: if you're a psychiatric patient, suffer from a mental illness or are otherwise disturbed or under psychiatric treatment, if you are mentally unstable or if you are suicidal or have been in the past, then do not use this guide.

Refrain from using this guide unless you are mentally stable and are not using any drugs to suppress mood swings or depression.

When in doubt, consult your physician or psychiatrist.

A. Replacing fear with love - impending anxiety-attack

This exercise might last anywhere from 5 minutes to an hour. You might want to repeat this exercise over a longer period.

1. Find a place where you feel comfortable and won't be interrupted. If you like, you can light a candle or burn some incense. You can play some soothing music as well. Either sit or ly down.
2. Take three deep breaths; inhale thru your nose, hold your breath for a few seconds and exhale firmly thru your mouth.
3. Envision deceased relatives you dearly love and ask them for help. Then envision all your deceased relatives and all their ancestors and ask them for help too.
4. Face your fear. Think of that which you fear, see it happening. Let the fear flow thru your body until it has reached every tiny cell. Feel it, experience this dreadful fear. Let happen what needs to happen: you may need to cry, shout, kick, have convulsions, and so on. Just let it all out. But never, ever loose control. You are letting the fear into your body, but you are not letting it take control. That means in no way will you hurt or damage your body or anyone elses.
Feel free to ask God for help during this process.
5. After a while, you will start to calm down. It's as though the fear has used up all it's energy.

6. Visualize a large beam of clear, white light right in front of you. See yourself taking a step, into the light. Feel the glowing light warm your body, see it surrounding you. If you feel hesitation or fear of stepping into the light, ask for help and keep trying until you're in the light.
7. Now consciously envision you pulling the fear back out of every inch of your body and retracting it to your stomach. Make one big black ball out of it.
8. Then surround this ball with light and love. See the black ball evaporating as the fear is absorbed by love.
9. Do the energy-building exercise.
10. Visualize yourself hugging the dearest relatives that were there for you and thank them. Feel the power of this myriad of ancestors, all there to support you.

Now get going!

B. Replacing fear with love - having a panic-attack

This exercise might last anywhere from 5 minutes to an hour. You might want to do the first exercise later on in the day and repeat it over a longer period.

1. You're already in panic and consumed by fear. So let it be. Just let it be for a while. Feel it, experience this dreadful fear. Let happen what needs to happen: you may need to cry, shout, kick, have convulsions, and so on. Just let it all out. But never, ever lose control. You are letting the fear into your body, but you are not letting it take control. That means in no way will you hurt or damage your body or anyone else's.
Ask God for help during this process.
2. Take three deep breaths; inhale thru your nose, hold your breath for a few seconds and exhale firmly thru your mouth.
3. Now envision deceased relatives you dearly love and ask them for help. Then envision all your deceased relatives and all their ancestors and ask them for help too.
4. After a while, you will start to calm down. It's as though the fear has used up all its energy.
5. Visualize a large beam of clear, white light right in front of you. See yourself taking a step, into the light. Feel the glowing light warm your body, see it surrounding you. If you feel hesitation or fear of stepping into the light, ask for help and keep trying until you're in the light.

6. Now consciously envision you pulling the fear back out of every inch of your body and retracting it to your stomach. Make one big black ball out of it.
7. Then surround this ball with light and love. See the black ball evaporating as the fear is absorbed by love.
8. Do the energy-building exercise.
9. Visualize yourself hugging the dearest relatives that were there for you and thank them. Feel the power of this myriad of ancestors, all there to support you.

Now get going!

Energy-building exercise

1. Take three deep breaths; inhale thru your nose, hold your breath for a few seconds and exhale firmly thru your mouth. With each inhale, visualize white light entering your body, with each exhale, visualize all dirt and old and sick things leave your body.
2. Envision a thread from your bottom to the earth. Feel the connection with Mother Earth. Now envision a thread from your head to the Universe and feel the connection.
3. Visualize red light radiating from your bottom into your entire body. Then visualize orange light radiating from your spleen into the rest of your body. Next, envision yellow light flowing from your solaris plexus into your body.
4. Visualize green light flowing from your heart into your body. Then envision blue light emanating from your throat into your body. Next, see purple light radiating from your forehead into your body. Finally, have violet light come out of your head to fill your entire body.
5. Now visualize you living your goals. See yourself selling your hundredthousandth product. Envision yourself on Goodmorning America. Visualize you landing that prestigious client.
6. Thank the Universe. Done!

Remember: replace fear with love to ensure you stay on the path to success.

This e-book is part of the Winning at Working from Home Series at
<http://www.winningatworkingfromhome.com>

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