

Choose ... Fear or Faith?

by *Marianne Thorne*

Choose between:

Believing what you Fear will prevail.

Or

Having Faith that your Highest Good is the outcome.

Choose between:

Doing nothing and letting the Fear win.

Or

Actively thinking and doing Faith about what you REALLY want.

Choose between:

Letting Fear talk you out of your wellbeing.

Or

Using your powerful thinking to intentionally draw to you an evolutionary outcome.

Yes, sometimes we need to evolve to have what we REALLY want, to be who we REALLY want to be.

We can be in Fear of this process OR consciously choose to have Faith in the process.

Fear is a subconscious default set up eons ago in our primal brain.

Faith is an evolutionary process requiring consciousness, awareness.

What is Faith? A Belief that you can trust yourself to communicate effectively with a Power Greater than your self! Your self is your conscious and subconscious mind.

YES TRUST YOUR SELF.

TRUST YOU.

Faith is knowing YOU are the communicator, the communication tool (the mobile telephone) and the telecommunication network linking you with a Power Greater than your conscious and subconscious mind ... the Super Conscious, God, Great Spirit, the Universe ... etc

People who have faith in their ability to communicate effectively with the Greater Power (even if only fractionally) are the ones progressing toward their dreams, goals, desires. People who have faith in their ability to find a way ... find a way.

Believing in a Power greater than yourself works extremely well when you have the faith that you can connect using a direct line to that Greater Power within you.

And, as some people have in deed found this direct line, this Greater Power within themselves ... it must be available for all to find.

Have faith in finding this connection with the Greater Power within your self and ... you will find it!

When you discover and rediscover the Greater Power within you, you feel excited, encouraged ... enlightened. It lightens your load. It helps and supports you.

The Greater Power is highly intelligent and creative ~ you can communicate with it. It listens and fulfils instructions, directives ... intentions.

As your confidence in communicating effectively with this Greater Power grows, you can evolve into a position of authority within your life. You can be the author of your reality. Instead of assuming the Greater Power is the Authority ... you can co-create, you can be the author of your life.

As you have Faith in your ability to communicate effectively with this Greater Power ... you will have the ability to communicate effectively with this Greater Power!

As you have Faith in this new evolving process ... you will develop a new evolving process of becoming who you REALLY want to be.

Once you know how ... Faith feels more fun than Fear.
Faith feels easier than Fear.
Faith feels more rewarding than Fear.
Faith feels more spiritual than Fear.

I use my reality to see and understand what I have effectively communicated with this Greater Power to date.
I use my Creative Goal Setting Folder and the Emotional Freedom Technique (EFT) to evolve what I am communicating with this Greater Power.

Setup phrase

Karate point *Even though in order to accept myself I need to have faith in myself, I accept that's the way it is for me right now and I allow this to change.*

Even though in order to accept myself I need to have faith in my abilities, I accept that's the way it is for me right now and I allow this to change.

Even though in order to accept myself I need to embrace faith, I accept that's the way it is for me right now and I allow this to change.

Shortcut Sequence

Crown *I let fear rule sometimes*

Eyebrow *I forget faith & do fear*

Side Eye *I sometimes forget there is*

Under Eye *a power Greater than me*

Under Nose *I sometimes let me make decisions*

Chin *when I could ask the Greater Power*

Collarbone *I let fear have control and*

Under Arm *I feel powerless to change*

Crown *I can have faith in myself*

Eyebrow *I know I can choose faith*
Side Eye *I am safe having faith in myself*
Under Eye *Faith is safe, faith is safe*
Under Nose *Faith feels fun, faith feels fun*
Chin *Faith feels easy, Faith feels easy*
Collarbone *Faith feels more rewarding*
Under Arm *Faith feels more spiritual*
Crown *Faith just seems like a good idea*

Setup phrase

Karate point *Even though I need to remember to have faith, I deeply and completely love & accept myself.*
Even though I need to actively do faith, I deeply and completely love & accept myself.
Even though faith is a process of communication I need to participate in, I deeply and completely love & accept myself.

Shortcut Sequence

Crown *I choose between faith and fear*
Eyebrow *I choose faith over fear*
Side Eye *I communicate my faith*
Under Eye *I have faith in my communication*
Under Nose *I effectively evolve my communication*
Chin *I have faith in my evolution*
Collarbone *I continue to evolve my communication*
Under Arm *I participate in my evolution*

Crown *I am communicating with God/a Greater Power*
Eyebrow *I am allowing two-way communication*
Side Eye *I am experiencing my answers*
Under Eye *I am accepting my answers*
Under Nose *I am evolving myself,*
Chin *I am evolving my abilities*
Collarbone *I am evolving my talents*
Under Arm *I am demonstrating faith*
Crown *I am a demonstration of faith*

How do you feel? When I do EFT I feel a little lighter, a bit tingly and happier. Don't worry if you don't feel anything ... that may come later.

I am hoping you find this so effective that you get into **EFTing** anything and/or everything at anytime and spread the good habit to your family and friends!!!

The **Creative Goal Setting Program** is available for \$Aus39.95 as a PDF file download packed with value. All the sheets you need to make your own Goal Folder, instructions and a free E-course in **Creative Goal Setting**.
Go to www.creativegoalsetting.com