



Are Fear, Headlines and News Controlling Your Life?

With the media's attention almost completely focussed on the latest bad news or calamity, it's no wonder that fear is growing, stress levels are up and seemingly healthy people are suffering heart attacks and so on. (I'll stop with the examples, lest I be accused of impersonating that proverbial, name-calling kitchen appliance.)

Are things really as bad as they appear?

Maybe so, but maybe not. What is most important is understanding that current headlines, events and circumstances are completely external to YOU - that is, you may have lost or stand to lose some assets as world markets adjust to the latest upheaval, but YOU (your mind, body and spirit) are not an accumulation of bills, notes, coins or other *things*. Take a look in the mirror. Yes, you may have used money to purchase items to adorn or groom yourself, but strip all that away and there is an entity called "YOU" that exists, in the midst of any and everything.

Years ago, my mother gave me an article by Charles Swindoll. It talked about attitude being the only thing we can truly control and controlling it positively was the only way we could find peace and contentment regardless of the fear or circumstances we face. I was at first sceptical as to the ability of attitude to be a panacea for my troubles and those described in the headlines, but I have since seen and experienced enough examples of its strength to become an attitude advocate.

So how does the right attitude keep you from crumbling under the weight of the daily news, the stock market reports, rumours, gossip and the like? How can it eliminate or subdue the fear that is imprisoning that entity called "YOU"? First, let's look at what it is.



A right attitude is a state of mind that can be created using the right information, some basic training, some simple tools and practice. The right information to begin the transformation of your attitude is just this ... *You are a human being created in the image of God.* As such you have everything or have access to everything you need to accomplish exactly what you were born to do. This includes overcoming challenges and obstacles that are thrown your way. That's why "YOU" are here at this time.

Training is as close as your Bible. This inspired book is not just a collection of ancient stories, but a timeless planning guide to the fulfillment of your personal destiny. Throughout its pages, it provides strategies and numerous examples of their successful application. For example, in Mark 11:24 the Lord Jesus Christ states, "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." Earlier when questioned by a doubtful person, Jesus reassures us of our abilities by stating, "Everything is possible for him who believes." The Lord repeatedly informs and reminds us of the power that we possess as humans if we will only grab hold of it. Armed with the full appreciation and complete acceptance of this fact, your attitude will get a hefty boost.

As for tools to adjust your attitude, they are deceptively simple, but amazingly powerful. They are "The Word" and your words. That is the power of God's Word and your spoken word together. You can use the power of the spoken word to train and sustain the right attitude to enable you to weather any storm and to move you into your rightful destiny. The next time you feel fearful or anxious, look in the mirror, directly at the real, divinely-created "YOU" and say these personalized biblical quotes,

"I can do everything through him who gives me strength. I will be strong and courageous. I will not be terrified; I will not be discouraged, for the LORD my God will be with me wherever I go."

In fact, you don't have to wait until you start to panic. You can start practicing right now and continue it so that you're ready to take control when fear strikes. Make a habit of using God's Word as your weapon against fear, distractions, confusion and other deceptions. Say them aloud or quietly to yourself throughout the day. The more you practice, the more you will start to feel anxiety, fear, confusion and the like decrease.

For even more pronounced results, as you say the biblical affirmations allow a picture of yourself as a fear-free individual living a fulfilled life to be created in your mind. What would you be doing in a fear-free, confusion-free, anxiety-free state? It is likely that you would be confident, content, courageous, and productive, just as you were divinely designed to be. This is the ideal state of being where the real YOU thrives and flourishes. More than likely you would be demonstrating love by helping others just as the Lord intended. Take note of your feelings as these images rest in your mind. Close your eyes, cross your arms and give yourself a hug. Hold on to these positive emotional and physical feelings and recall them whenever necessary to help battle fear and other forms of negativity when they arise.

To be effective, it is absolutely essential that you truly believe the words that you are saying as well as the positive images and feelings that they evoke. The strength of your belief is the unwavering faith that holds the key to the successful transformation of your attitude; it is what releases the real YOU.



Lastly, to help maintain your new right attitude, to loosen the grip of fear in your life and to activate the real YOU, you need to take action. Taking action helps to ingrain the transformation. You may actively start to plan a course of action to realise the real YOU state or you might find that ideas start to flow and events occur that begin to move you into that course of action that will define the real YOU. The latter is divine intervention.

Don't let today's or tomorrow's headline news paralyze you with fear and rob the real YOU of the divine power you hold to be everything that you were made to be and to feel the peace of contentment. Acknowledge and act on the strength you have to transform your attitude and to achieve your higher altitude, regardless of circumstance.

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