



# Lucie's News - August 2018

## Healthy Mind, Healthy Body, Wealthy Living!

VOL #4



Dear friends, clients, colleagues, and future readers. **Have you ever thought of how fear manifests in life and how it affects our overall health?**

Over the last 30 days I came back to a principle that I learned at Peak Potential Training in 2004 when I attended a workshop called Warrior training. It was about facing fears and move forward in life fearlessly. I can say at that I became quite fearless after the workshop for the next few years around and then life happened. I went from having a life where I felt accomplished to total chaos, I lost faith in myself and in others, began to second guess myself all the time by fear of making mistakes, developed chronic physical pain, hypothyroidism, adrenal fatigue, weight gain, high stress level and so on. I realized after all these symptoms that I had to make the decision to educate myself and change the way I was doing and perceiving things in life.

### HOW ABOUT YOU? HAVE YOU EVER LET YOURSELF BEING CONTROLLED BY FEARS?

For years my teachers tried to explain to me that FEAR is an "illusion of the mind" when you let it go, peace and clarity come to light. Until I really experienced it I could not really understand the real meaning of fear & illusion.



Here the full definition from my teacher Alan Walter.

**FEAR:** Unwilling to originate or stick neck out. Is in continuous avoidance of responsibility. **FEAR is the next mood above sadness.** This person has no control of reason or emotions and is constantly fleeing from responsibility. He cannot duplicate, his attention bits are locked into all the things that could happen to him or go wrong, and he does not make eye contact by looking away or looking down. He constantly looks for familiar dangers, tends to withdraw quickly and has very little persistence. -

**ILLUSION:** Def. from American Heritage Dictionary.

1. A. An erroneous perception of reality; B. An erroneous concept or belief. 2. The condition of being deceived by a

false perception or belief. 3. Something that is erroneously perceived or construed.

Here more educational information from the University of Minnesota of the Impact of fear and anxiety. <https://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/security/facing-fear/impact-fear>

Often, we must have the experience to change our perception or simply understand the true meaning of the words we speak to reflect on how it applies to our own life.

\*Next month I will share simple ways to overcome fears and move forward toward your wants and desires in life.

### GREAT SONG RELATED TO THE TOPIC:

"When You Let Go of Fear the Truth Will Appear" ☺

<https://www.youtube.com/watch?v=o9oncBInAPw>



### DID YOU KNOW THE FEDERAL GOVERNMENT COVERS UP TO \$2,500 OF YOUR COSTS FOR WEIGHT LOSS?

[http://www.weightlossgrants.org/?gclid=CjwKCAjwq57cBRBYEiwAdpx0vW\\_ksZOJh4jWcRTumWhDc-rpuECbsgW7TWFgje eauW96QEE5XdIOkRoCu4IQAvD\\_BwE](http://www.weightlossgrants.org/?gclid=CjwKCAjwq57cBRBYEiwAdpx0vW_ksZOJh4jWcRTumWhDc-rpuECbsgW7TWFgje eauW96QEE5XdIOkRoCu4IQAvD_BwE)

My associate Linda McLeod from **Health Habits 4 Life** is one of the accredited providers in BC. To qualify for 80% of the program costs.

<https://www.healthhabits4life.com/weight-loss-health-management-program/>



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