

RUSSELL R. SHIPPEE PRESENTS
BetheBESTYouCanBe.net



Russell R Shippee

Dear Russell,

WELCOME to the new subscribers. We now have subscribers from 7 countries to our newsletter!

One of the countries is Burkina Faso. The first 3 people to tell us on what continent the country is in will be sent the *Living My Life On Purpose* workbook. Just hit reply and enter your guess.

Thank you for your comments on the forgiveness - Father's Day article. Yes, it is sure easier said than done. As you read and reply know that it is all a work in progress for all of us. It is perfect in that whatever we do or do not do we learn the lesson needed.

Perhaps the old saying 'do as I say and not as I do' does and will apply. We all know what it right and we all know that we do not always do it. That sure does go for me as well as for you.

Quote

To the world you may be
one person

to one person you may
be the world

anonymous

Did you download a copy of *As a Man Thinketh*? If not, you can still do so. Others did and have enjoyed it. Remember, it is a classic and you can download it for free. I have left the information below for those that did not do it and all the new people who have joined.

Please help a friend. See below to add them to the newsletter list. Help someone to help themselves. You'll be glad you did. Your friends will be glad you did. See below.

This week's article is an excerpt from *Our Journey Is Our Work*. We face or avoid fear by what we do or do not do. Facing fear for what it is will help to allow you to be the BEST you can Be.

Quote

It is a jungle out
there

Be Well,

Remember the bug
spray

Russell

Russell R Shippee
BetheBestYouCanBe

Tim Bragg

As A Man Thinketh by James Allen

This is a timeless classic. The link below will bring you to a site that promotes his books and others. However, they allow you to download *As a Man Thinketh* in e-book format for free. [As a Man Thinketh](#)

IF

IF I had time

IF I were not afraid

IF I were not so busy

IF I did not have kids

IF I had more money

IF I were smarter

IF I were better looking

IF I were thinner

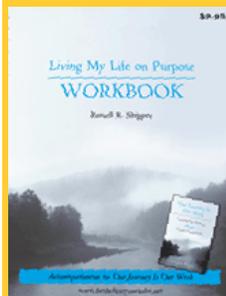
What is your IF?

What is your excuse?

Just do it

Just take one step

Living My Life On Purpose Workbook



For 1 week you can add two friends, with their permission, to our mailing list and we will email you the *Living My Life On Purpose* Workbook.

Just add them by way of the "join our mailing list" button below and then hit reply to this newsletter and tell us the two names.

You give a gift to others and we give a gift to you. In life it should be a win win situation for all involved.

[Join Our Mailing List](#)

Fear

"Do that which you fear and the death of the fear is certain" Mark Twain

Fear is an emotion, a feeling, a reaction, a mirror, a message, and also a warning.

Fear helps us to learn. Ideally, we will learn there is nothing to fear. If you do what you fear, the fear will die.

Fear can be caused by:

- Abandonment (Will they leave me?)
- Acceptance (lack of) (Will they include me?)
- Rejection (What if they blackball us?)
- Separation (What if they want me to leave?)
- Self-Worth (lack of) (Am I adding value? Do I have value?)
- Surrender (Willingness to trust the abundance to support you)
- Trust (Can I trust my God to support me?) (Can I trust anyone?)
- Being Stuck (Why can't I make a decision?)
- Sickness (What did I do to cause my illness?)
- Incompleteness (Why am I not whole? What is missing?)
- Pain (Is my pain real, imaginary, physical, or mental?)
- Ignored (I am standing here, and they do not see me.)
- Concern for the future (What will happen to me tomorrow?)

Stop. Look again at the list above and write down one example of a personal experience of fear caused by each of the items. You will be amazed. It will be beneficial for you to review your personal examples hidden within your being. Notice how they affected all you did or did not do.

We can act out of fear, which is of earth, the mind, and the ego. Alternatively, we can act out of love and compassion, which is of God.

Fear results in jealousy, anger, and in our being, or trying to be, someone we are not. Remember someone you thought would perform better than you? Did you not want to somehow eliminate them? Instead of being true to ourselves, we are true to whatever we feel brings us acceptance and inclusion. Perhaps you dress in a way that you think is accepted rather than as you would prefer to dress. You might try to befriend someone you are not fond of so as to be included in a group. Fear keeps us from feeling good about ourselves and from doing what we want to or should do.

Fear prevents us from doing what we may feel compelled to do. I felt the need to sell my business and write. Will anyone understand me? Will they read my book? Will they understand it? All of these questions were in my mind as I took the leap to do what I felt I had to do. Fear prevents us from creating and living to our fullest. Fear of ridicule, rejection, and failure prevents us from taking action. Fear is paralyzing. When facing death, the biggest regret is risks not taken. Had I allowed my fears to stop me, you would not be reading these words today. Having done what I felt I needed to do, I feel fulfilled and alive.

Fear of loss or injury prevents us from living. Fear of not having enough money makes us work for money rather than fulfill our life's purpose. Fear of not having enough causes us to hold on and not share with others. To live the life I wanted, I needed to accept the risk of injury as I skied down mountains. I was willing to give up the paycheck to change and do what I felt had more value for me as a soul on earth. Sharing feels good and creates more. Only in the sharing can you see and feel the abundance.

Face the fear. Make your life as exciting, interesting, and creative as you desire by doing. It is your life, and you choose how to live it.

Ben Franklin said, "A few of the things I worried about actually happened." How many things have you worried about that never happened to you? How many bad things have happened to you that you never considered or worried about? How many things that caused you fear ended up being blessings in disguise? First, we must confront fear and walk toward it. For me, it is this book and a new career. By not responding to our fear, we will find the fear loses all its power.

Once I took the leap by selling the business, the fear subsided into excitement at what was being created. What is the worst that can happen? Death? Die now so

you know there is no death. Life is eternal. There is nothing to fear.

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