

# Overcome Subconscious Anxiety, Fear, And Doubt



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# How Anxiety Is Different (And Worse) Than Fear

Most people don't know the difference between anxiety and fear.

That's really too bad. Because once you understand what anxiety is, you're halfway to conquering it. Know thy enemy!

There are three factors that uniquely define anxiety (and make it different than fear):

**1) Long-Lasting:** Anxiety is apprehension about something the lingers for days, weeks, months or even years. It's always with you. The "tiger" doesn't run off into the woods... it stalks you patiently. It never pounces, but you can hear it growling.

**2) Vague:** Your anxiety is never about something specific. When someone asks you what's wrong you say, "Everything!" You may be anxious about your health, your children, your job, your money. You're afraid of metaphorical tigers in general – not a specific tiger.

**3) Paralyzing:** Anxiety stops you from doing anything significant to relieve your anxiety. You're either too scared to face the negative results you think are coming, or you doubt that you can do anything about it. Instead of doing whatever you can, you find yourself sitting in front of the television with a bowl of ice cream. You feel your situation is inescapable.

As you can see, anxiety is very different than old fashioned fear.

Fear has a very constructive side to it (e.g. don't play with rattlesnakes).

Anxiety, however, doesn't lead to any positive actions. If anything, it discourages you from taking actions that would eliminate your fears. (Maybe because if you did take action, you'd be accepting the reality of your situation.)

Genetically speaking, however, we weren't really built for anxiety. In the next chapter, I'll explain why our ancient ancestors didn't suffer as much anxiety as we do today.



# When Prehistoric DNA Collides With Modern Problems

Fear was put in people to stimulate two actions: fight or flight. If a tiger appears in the woods, you either attack or you run. If you do neither, you're probably a goner.

You may still die if you do fight or run... but you're guaranteed to die if you do nothing.

Likewise, if primitive people didn't get proper shelter, clean water or food... no one would step in and help them. Nature was quick to extinguish any person paralyzed with fear. Survival of the fittest at its most extreme.

Today, the situation is different. You can be paralyzed with fear and you will not die.

Modern civilization will support you if things go wrong – government programs, charities, insurance, credit cards, overdraft protection... Some people even having savings accounts.

You see, our anxieties are about long-term consequences. In the days of the caveman, the situation with the tiger would be over – for better or for worse – in a matter of minutes.

Lack of shelter could freeze you to death in one night.

Lack of food turns to starvation within three days (and death in about 40).

Today, however, a negative situation can take years or decades to come to an end.



# When Prehistoric DNA Collides With Modern Problems

For example...

- ❖ If you owe the IRS \$5,000 the situation could go on for many months.
- ❖ If your supervisor at work "has it in for you" -- this could last for years.
- ❖ If you smoke, you could get lung cancer... two or three decades into the future.

The blessing of modern civilization is that we can see things coming and change course. There's time to adjust. But if you're not changing course, then it means you can see your impending doom come closer and closer.

Let's say, for example, you're spending \$8,000 a month and earning \$7,500. Every month you add another \$500 to your credit card. Your credit limit is \$3,000. So you have six months until you run out of credit.

This is good and bad.

Good because it means you can lose your self-control today and not lose your head tomorrow.

The bad part is that (because there's no immediate threat) you can procrastinate about taking action to correct the situation.

Instead of dealing with a \$500 problem immediately, you'll be dealing with a \$3,000 problem in six months.

That's the catch-22 effect with anxiety, fear and doubt. Action removes the anxiety, but anxiety stops you from acting.



# When Prehistoric DNA Collides With Modern Problems

That's why I believe you should find another way to remove the anxiety temporarily.

Once removed, you are no longer paralyzed, and you can take the physical and mental actions necessary to remove your troubles at the root.

The easiest way I know of to free oneself of fear, anxiety and doubt is using a combination of brain entrainment, guided hypnosis and music therapy.

That's sounds like a lot, I know.

That's why I combined all three methods in my Trinity Trance Technology.



# Why Most Children Don't Suffer Much Anxiety (And Why You Do!)



In some ways, children are a lot like how cavemen were.

Children don't worry about how Mom and Dad are going to pay the mortgage next month.

Kids don't think about whether eating too much sugar will give them diabetes when they turn 36.

But a child will act absolutely terrified if a dog starts barking at him.

What's the difference? Kids are only concerned about short-term threats.

Anxiety, however, is caused, quite simply, by being aware of long-term threats. It's also caused by not taking any action to deal with those long-term threats.

As an adult, you can see long-term threats. You know that if you say the wrong thing to your boss today it could mean you'll be evicted from your apartment in three months.

So, as adults, we can see long-term consequences. Yet we do nothing about many of them. And that's what produces the dreaded "undercurrent of anxiety." Most people are caught up in it... until it finally pulls them under the water.





# Why Most Children Don't Suffer Much Anxiety (And Why You Do!)

Like real undercurrents, when you're caught in them, you're paralyzed. You can't swim away.

That's why you need to find ways to temporarily free yourself from anxiety each day... so you have a chance to swim.

Meditation, prayer, therapy and other modalities all help achieve this temporary freedom from your anxiety. They give you strength.

But all these methods often take too much effort for people knee-deep in worries and exhausted beyond imagining.

That's why I created Trinity Trance Technology Volume 1: Release Your Anxiety, Fears and Doubts. [Click here](#) to find out how it "tricks your brain" into calming down within minutes.



# The Lion Who Thought He Was A Sheep

Paramahansa Yogananda tells the story of a pregnant lioness who pounced on a field of sheep. Running off with a victim in her hungry mouth, she didn't realize she had given birth to a cub.

The little cub, never having seen his mother, assumes the sheep are his kin.

Years later, another lion comes to the field. To his astonishment he sees a grown lion amongst a field of sheep, bleating and eating grass.

"What is this?" he says. "I must investigate."

So the lion jumps out of the woods. The sheep run and bleat. The lion pursues the sheep-lion and finally catches him.

"Please, don't hurt me," says the lion who thought he was a sheep. "Bleat! Bleat!"

The older lion drags the sheep-lion to a lake.

"Look in the water," says the older lion. "See that you are not a sheep!"

But the little lion kept on bleating and shuddering, causing ripples to form on the water. The older lion got a tighter grip and held the sheep-lion still.

To his astonishment the young sheep-lion looked into the calmed waters. "I am not a sheep," he said. "I'm a lion!"

From that day forth he stopped bleating and began to roar.

# The Lion Who Thought He Was A Sheep

The Release Your Anxiety, Fears and Doubts Trinity Trance audio gives you the same experience.

Using [brain entrainment](#) this 30 minute audio technology brings you to the calm water of your own mind. There you can glimpse your true nature.

Then, through guided hypnosis, you can rewrite your subconscious ineffective bleating into a courageous action-inducing roar.

Find out how the guided hypnosis portion of audio technology works by [clicking here](#).



# Why Don't You Take Action?

Why do people go on eating junk food even when their doctor says their blood pressure is way too high?

Why do some people let their father or spouse say patronizing things to them but never stand up for themselves?

Why do people stay in the same job they hate even though they want to start their own business?

Why do people keep on spending more than they earn, even though they know they could lose their house, their car and not have enough money to feed their kids?

Why put yourself in this state of perpetual anxiety?

Because you fear not having your needs met. Because you doubt your own abilities. It's that simple.

"According to most studies, people's number one fear is public speaking," says Jerry Seinfeld. "Number two is death. Death is number two. Does that sound right? This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy."

Public speaking isn't a fear of speaking. Most people can talk to their trusted friends about anything – but break a sweat when they have to talk to three or more strangers.

Why? Because they feel they are going to be judged. Either for what they say or how they say it. They doubt themselves and fear the response.

Almost every problem in the world can be solved by believing in yourself and not caring what other people think of you. Look at the most successful people you know... Have they not put themselves "out there" and endured criticism?



# Why Don't You Take Action?

As I mentioned earlier, one of the characteristics of anxiety is that the person is doing nothing to cope with it. Why don't they cope with it? Because it would mean believing more in themselves and less in what others think. It means not being afraid of how the world will react.

Let me tell you a little story to illustrate what I mean...

Jill is spending more than she's making. Four credit cards are maxed out and she's trying to get a fifth card to meet the minimal payments.

She's very anxious because she's paying \$100 a month in interest and heading towards bankruptcy. She'll lose her house. Her car. And end up living in some roach infested apartment.

But she's not doing anything about it. Nothing.

Increasing her income will involve facing fears and doubts that have kept her earning less than she needs.

She could ask her boss for a raise. ("But what if he laughs at me?")

She could search for a new job. ("But what if my boss hears I'm looking for a new job and fires me?")

Or she could start her own home-based business cleaning people's houses. ("But what if I'm not organized or disciplined enough to run my own business?")

Alternatively, Jill can reduce expenditures...

This may mean selling her car and taking the bus. ("Oh my, what would the neighbors think?")

It might mean moving into a smaller living space. ("Shame! My friends will think I live below the poverty line.")



# Why Don't You Take Action?

Or it might mean starting a big garden to save on groceries ("But I don't have a green thumb!").

Do you see how anxiety is self-perpetuating? It uses fears and doubts to keep you a prisoner in its clutches.

That's why you need to be able to enter a space each day where fear and doubt can't touch you.



I wish I could simply upload a "virus cleaner" to your brain that would instantly erase any fear and doubts from your subconscious. But that would mean you were a robot. We humans aren't so easily "reprogrammed."

Still, I think the Trinity Trance approach is as close as you're going to get to an effortless reboot.

[Click here](#) to see exactly how it works and how easy it is for you to use.



# How Fears and Doubts Pull At the Puppet Strings of Your Anxiety

Are you open to seeing what lies behind your day-to-day anxiety?

Here's a quick exercise you can do right now...

1. Write down what you are anxious over.
2. List several common sense answers that would better the situation.
3. Next to each item on the list, write down why you don't want to take action on those solutions. It'll come down to fears about what will happen to you if take those actions and doubts about your ability to do those actions.

It could be as simple as the reason you don't eat less and exercise more is because you fear you'll be unhappy and bored. That you will miss eating pizza and get stuck with vegetable soup. You might have less time to watch reruns of your favorite TV show because you're going to be swimming laps at the pool.

In the end, we make a trade. We choose not to deal with short-term experiences that cause us fear. Instead, we exchange them for day-after-day of perpetual anxiety. And because the long-term result of not changing our lives will not come to pass for many weeks, years or decades... we ignore it. But facing our fears sounds like work. Doing subconscious reprogramming may even sound kind of boring.

In my experience, it's the most rewarding and exciting adventure you can undertake.

But at first, good actions taste like poison. I know. And bad actions taste like honey.



# Why Nothing Makes You Anxious Except Denial

So I made a point of adding music to the Trinity Trance Technology audios. It's just not [brain entrainment](#) and [guided hypnosis](#). That's the medicine. And good medicine it is. And the music is the sugar that helps the medicine go down.

[Click here](#) to find out more about the music track used and the unique way in which Paul Armitage composed it.

You see, anxiety is really caused by an inability to cope with a situation.

It's not the situation itself.

And your inability to cope with the situation is caused by deep rooted fears and doubts about what will happen if you take action.

Strangely, our fear of positive action is greater than our fear of standing still as the metaphorical tsunami approaches.

Even more strange is that as soon as you start taking positive action to improve whatever situation you are anxious about... the anxiety starts to melt away. Even if the problem doesn't improve immediately.

Why? Because anxiety isn't caused by the problem, threat or conflict you are facing. It's caused by the fact you are not dealing with the problem. And what stops you from dealing with the problem are your doubts and fears.

I'm sure you know this to be true. Have you ever started taking action to correct a situation? All of a sudden your energy, mood and self-esteem improved, didn't they? You no longer felt fearful and full of doubt. You felt enthusiastic and full of hope.

That's one of the reasons people immediately start feeling better when they download a copy of Trinity Trance Technology Volume 1. They haven't even listened to it and they already feel less anxious.





# Why Nothing Makes You Anxious Except Denial

And, then, of course, once they start listening to it and feeling the effects of the [brain entrainment](#), the [guided hypnosis](#) and the [spiritual music](#) they really hit a groove that can stay with them the whole day (and eventually, the entire week).

If you haven't already, why not give it a try? [Click here](#) to check out my 100% money back guarantee. If it doesn't help you (or you just don't like it) you get an instant refund. Nothing to return.



# Gandalf And The Gita On Fear Of Death

Do you remember this unexpected scene in the third Lord of the Rings film? A troll is bashing down the door of a fortress. It looks like everybody inside is gonna die. The little hobbit, Pippin, then says to the wise old wizard, Gandalf:

**Pippin:** I didn't think it would end this way.

**Gandalf:** End? No, the journey doesn't end here. Death is just another path. One that we must all take. The grey rain curtain of this world rolls back. And all turns to silver glass. And then you see it.

**Pippin:** What, Gandalf? See what?

**Gandalf:** White shores. And beyond... a far green country under a swift sunrise.

**Pippin:** That isn't so bad.

**Gandalf:** No. No it isn't.



But why wait until the troll of death comes bashing down the fortress of your life? Do you want to live your fleeting days fearing what you cannot avoid? Feel yourself as something beyond your body now.

You can get a good glimpse of life without your body by listening to Trinity Trance Technology Volume 1.

Letting the [brain entrainment](#) take effect, you'll realize that you exist more than you ever did before. That what you really are – love and joy – is nothing to fear. And that damage to the body cannot touch you.



# Gandalf And The Gita On Fear Of Death

Remember these beautiful words from The Bhagavad Gita:

- ✓ *Never the spirit was born; the spirit shall cease to be never;*
- ✓ *Never was time it was not; End and Beginning are dreams!*
- ✓ *Birthless and deathless and changeless remaineth the spirit for ever;*
- ✓ *Death hath not touched it at all, dead though the house of it seems.*

Remember, also, the wise words of C.S. Lewis: "You don't have a soul. You are a soul. You have a body. "

This first Trinity Trance volume will help bring you towards this fear-dispelling realization.



# The Super-Conscious Way To Destroy The Habit Of Fear And Doubt

You need to get rid of the "bad programming" in your subconscious that keeps you afraid of taking positive action in your life.

You need to erase beliefs inside your head that say you are not capable of doing what, deep down, you know you just might be able to pull off.

My solution to the problem may seem both "way out there" and "way too simple." But I ask you to be open to an approach that may introduce an entirely new world for you...

To overcome fears and doubts  
you need to experience yourself  
as more than your physical form.

You need to feel yourself as a spiritual being having a human experience.

Think about it. All your fears are tied to the body, mind and ego. But we can experience ourselves as more than our physical bodies. We can experience ourselves as one with peace, joy and love. The more you realize this is what you ARE, mortal fears become a lot less scary (if at all).

But you have to realize it. Believing it is good. And a little blind faith at the beginning never hurts. Don't take my word for it though. Eventually you need proof. And that proof comes from your personal experience.

Part of the fear equation is fear of lack. We fear lacking those things that will bring us joy and keep away pain.

With my Trinity Trance Technology you can glimpse that all the joy you could ever want exists inside you. [Click here](#) to read exactly how listening to this special audio can introduce you to an inner paradise untouched by fear or doubts.



## About The Author: Chris Cade



In 2006, Chris was faced with seemingly insurmountable relationship challenges.

He looked into spirituality, and shortly thereafter attended a program where he delved deep into his consciousness and consequently became a spiritual student for life. Over the course of several years, he transformed – moment by moment – into the empowering teacher he is today.

At the heart of Chris' teachings is his experience as a software tester. If he can't make something work for him, he won't teach it. His product management skills enable him to create resources that serve people worldwide. In addition to his professional experience, Chris has a wealth of life experience...

He holds two second-degree black belts in Tae Kwon Do, the US National Champion title, and he placed third at the Super Grands World Games in 1994. Chris has taught martial arts to students of all ages, firewalked with Peggy Dylan, swum with wild dolphins, traveled to more than a dozen different countries, and is a grateful father.

All this and more give him a solid foundation to support others on their own journeys of self-discovery. Frequently described as insightful, engaging, authentic, and inspiring, Chris is also a popular interview guest. Today, Chris reaches hundreds of thousands of people worldwide in over 150 different countries. Learn more about Chris and his programs at <http://www.ChrisCade.com>

