

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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*"Intense love does not
measure, it just gives."*

Mother Teresa

Yale University

Research on PMS

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Good day dear woman reader!

This month, I will address the difficulty that many human beings face when fear is the main emotion that leads their life. Why are some persons caught in the midst of their fears while others appear to have none?

In *My Beauty & My Beast, Mind, Body and PMS*, I have written profusely about fears.

Mainly, what I am going to do here, is simplify and look at the different phases of fear and explain it in four steps.

We all have this **Primal**, instinctual fear after we are born that if no one took care of us, we are not viable on our own and would die within hours at best.

Then, we have what I call the **Initial Fear** when we start something or attempt a new action for the first time. Our old brain has a split second fear that happens in all of us. We sometimes will stop breathing for a second or two until we realize that we can do this, or at least allow sufficient practice time to become better at it.

To continue, if we do not conquer and master this initial fear but rather let it control us, it becomes a **Jailor Fear** that handicaps our movements, our thoughts and behavior. We might as well become afraid of everything as it happens to some people. They then become jailed by their fears and growing and expanding their life becomes impossible.

Last, we all have what Tony Robbins calls a **Counselor Fear** which we should respect as being a guide telling us to do or not to do something; it is a guide of higher knowledge; it is not lacking fear, it is a guiding courage that lets us know we have to conquer the initial fear.

How to heal those fears?

Some paths are there for you to explore; I encourage you to dig deep and find out what you are afraid about or from, and how does it influence your whole life? Some events from your childhood will be at the core of these fears and sometimes it will simply be your family education. If I had followed my mother's fears, I would have done nothing I was called for.

You owe it to yourself to do some cleanup otherwise you become the puppet of your fears!

And further more, you continue being the slave and possibly teach your

children to be afraid, hence reproducing more of the same.

I encourage you to really seek help if you need to do so for it is often times very difficult to dig by our selves for fear of losing our life. But remember, that is just a fear.

On a last note for this month, and at the risk of repeating myself from the previous month, keep in mind that YOU HAVE A LOT MORE POWER THAN YOU THINK. You can read and hear some testimonials that may “speak to you.” [\(Visit My Beauty & my Beast – Mind, Body and PMS\)](#)

I WISH YOU A WONDERFUL MONTH.
[\(Read a book review\)](#)

NEXT MONTH: How to live the “Spring times” of my life?

P.S. Invite your friends (women and men) to fill in my surveys on my website for they help me continue my research.

Warmly:

Pauline Houle - Therapist – author
pms@paulinehoule.com

http://www.womenshealthmatters.ca/facts/quick_show.cfm?subject=Premenstrual%20Syndrome%20%28PMS%29