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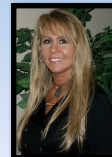
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FREE



ACROPHOBIA CONQUER YOUR FEARS

By Dr. Sharon Jackson, P.h.D.

It is estimated that 19.2 million adults age 18 and older suffer from fear or a specific phobia. The top ten phobias are DENTIST, DOGS, FLYING, THUNDER & LIGHTENING, THE DARK, HEIGHTS, SOCIAL, CLOSED/SMALL SPACES, BUGS & INSECTS, AND SNAKES. Chances are you suffer from one of these fears. In May 2013, I faced and conquered my own fear of heights by climbing to the top of Devil's Rock in Sedona, Arizona. The first attempt was unsuccessful as I was just TEN steps from the top of a 1.8 mile climb. When I made the mistake of looking down. Once I looked down, I realized how high I had actually climbed, since it wasn't a vertical ascend. Instantly, my mind reminded me of my fear and I froze, becoming completely debilitated. I literally could not move. After falling into a panic attack, and disappointed with myself, I scooted my way back down.

The next day we went back. I made up my mind that I WAS going to conquer this fear of heights (acrophobia) I had made a promise to one of my clients that I would do this for him. I told him that if I could do it, so could he! I help others eliminate fears, phobias, depression, and anxiety (just to name a few) everyday. I told myself that I was going to use the power of my mind and climb to the top! All the way up, I filled my mind with positive, encouraging thoughts along with my husband cheering me on. I asked God to help me defeat this fear I have had all my life. Before I knew it, I was at the TOP!

Was I completely relaxed? No, but I was relieved that I had faced my fear of heights and honored my promise. I knew it was all IN MY MIND via my thoughts. Remember, thoughts are things CHOOSE THEM WISELY! I looked and saw how high I actually was. From that moment, being up high was not as scary as I thought it would be. I knew that the fear was simply a false, negative impression in my subconscious mind. All I needed to do was sneak past that critical factor and slip those positive suggestions in. Being a Hypnotherapist

made it easier, but really anyone could accomplish this feat by relaxing the mind and slipping in positive suggestions, replacing the negative, old patterns of belief. Each time I allow myself to be up high, my subconscious mind sends a new, positive message that I am safe. I'm so glad that I allowed myself this achievement. I feel liberated and free! This is for YOU and you know who you are! If I can do it, SO CAN YOU!!!! Never underestimate the power of thought!



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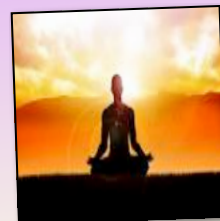
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Dr. Sharon Jackson, Ph.D. 2013 Doctoral Graduation Ceremony



Friends, Family, Clients, and Patients,
Thank you all for your gifts, cards,
kind words, and support.
I could not have done it without you!
THANK you from all that I AM!
May I use this knowledge to serve you better!
Sharon~

*Information found in this newsletter is for advocational purpose only and does not replace the advice of a doctor. If you need medical attention, please consult with your physician.

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