

# Zakarya Alashwal



## FROM FEAR REJECTION TO LASTING CONFIDENCE

step-by-step guiding you through  
proven excercies that  
will help you become free and  
powerful

+

BONUS

Confidence boost audio recording

ZAKARYACOACHING.COM

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# *Chapters*

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F O R G I V E   A N D  
E M B R A C E

01

# 1-Forgive and embrace

*We are all here to learn deep and great lessons, we are all one song called life.*



This book would be of most benefit for you if you answer yes to 1 or more of these

Do you evaluate yourself constantly?

Does your self-esteem get affected seeing other peoples' "better" attributes?

Have a certain insecurity you have stopped you going for things?

Do you live in I'm not good enough mentality (victim consciousness) ?

Do you avoid socializing because being alone is less painful than feeling you don't add up to others?

Do you feel that you don't belong anywhere you go?

if you answered yes than the first thing I would want you to do is to forgive yourself. Don't be so harsh on yourself, it doesn't serve you at all. Forgiveness is the first step for you that would heal you from this destructive thinking.

No more struggle, no more trying to be better than someone, no more tensing up and acting in an unauthentic way. Drop the struggle and say to yourself I'm letting go of the struggle of trying to be good enough



Let me tell you why is forgiveness important for you. Forgiveness gives you a place to contemplate and reflect back on your experience from a wiser perspective. Therefore you are more likely to find answers where before you couldn't see anything

Chances are you have been abused, bullied, laughed at, rejected, wronged and it totally not your fault. This is why it is important to forgive to allow the energy of love to flow. Just say I forgive myself.

# Forgiveness exercise

Close your eyes and imagine that you are talking to your younger self. Tell him or her that you are truly sorry for ignoring its needs and not giving your attention. Give yourself a hug and say I'm allowing myself the luxury to be me. This statement is so powerful as it's not a affirmation you can refuse it's just a future statement that assumes that you are perfect the way you are. Try it.

I'm allowing myself the luxury to be me.

Allow yourself to be you.



I'm completely free from anyone's opinion, from now on I give people love and the universe will always make sure I get that back

It's amazing how easy we could reach a solution when we begin with love. Love begins with forgiveness and love is the greatest antidote to fear and YOU do have the ability to allow love otherwise you wouldn't be alive up to this point, you get what i mean!

# Quick story

I'm a bald guy. I used to have hair up until the age of 17 where it started to fall quickly. Baldness is something people of my country, are ashamed of. They normally wear hats and hide their heads

When I started balding my family and friends started to notice and they would comment like Zak your hair is falling are you okay. I felt shameful and ugly each day. Someone from family even started laughing at me and saying what is going on with me.

I truly felt ashamed of like I was a mistake. My dad asked me why am I balding commenting that his hair is strong and none of our family members is bald. I really didn't know why, I even thought that I had cancer at some point.

We have all experienced the pain of having something we are insecure about. We feel that this pain means that we are weak and others won't love us. depending upon our upbringing and others factors we could choose to fight or flight. I chose to run away.

I started to hide from people and stopped taking pictures of my self believing that I am ugly. I even stopped looking or even considering that i would be with someone i love. i became quite isolated from people in general and living in a foreign country was almost perfect for me as i could eliminate human contacts and be on my own. After all if I'm alone no one will judge solitude became a norm for me.



When we focus on a part of ourselves or life that we don't like we build a story around it and people around start to confirm this story.

Only when we change the way we see things that life and people start to change around us. Losing my hair has pained me deeply but instead of hiding from it I started embracing it. I shaved all my hair instead of hanging on for it or trying to implant some hair.

I thought to myself if god, the universe or essentially me decided to become bald then there is a deeper reason behind it and there was.

It's true that when i shaved it off at 19 years old and posted a picture of myself people commented that i looked old but I started not caring. Being bald gave me depth and understanding and taught me a spiritual lesson that people go about all their lives not learning it.



This lesson is to act from my higher self not the ego. When I coach people now I get to see and help them see the difference between the truth and illusion.

Your body is an illusion it really means nothing towards the greater scheme of things. I'm in dept to those so called "disabled people" who taught us this great lesson no matter what we look like, our destinies are controlled by the way we think not how people see us

# Embrace

If you have something that you don't like about your self whether it's your hair, height, weight, face, eyes, nose, legs, hands, intelligence, qualification, personality, money, butt or chest or if you are completely disabled mentally or physically first of all that is good news as this could become your opportunity to taste happiness in a way no one has ever imagined.



People who are totally happy with themselves may be either be happy or sad depending on their minds but they will not go beyond the surface level of living. I truly believe that the more things you have that you don't like about yourself the more happier , more peaceful more joy you could feel. It is a paradox but it is totally true if you ready to embrace it. *The more painful your circumstance the greater potential you have for happiness*

Just embrace yourself fully, it doesn't take much to do that just accept yourself the way you are with your flaws. If you don't think you are attractive that is okay, you don't have to to be happy. Isn't that what you want at the end of the day! a sense of worthiness. When you are happy the first thing you going to feel is that you are worthy and you don't need beauty for that believe me. In fact beauty or attractiveness could become a hindrance to that feeling of worthiness. As it could feed on the illusion that admiration of people is what gives you feeling of worthiness

If you have been abused until you felt that you have no worth the truth is that your ego has been hurt but the real you have a greater chance for awakening. So many so called confident people are arrogant and because of this arrogance they are heartless. They live in their own dramas and think that the world centers around them and no one really loves them. I'm sure you are one of those otherwise you wouldn't have picked up this book



02



O V E R C O M E  
F E A R

02

# 2-Overcome fear

## *Vulnerability*

Being vulnerable and open about what our fears is something that requires courage and the ability to trust another in a deep level and I'm indebted to my beautiful sister Maram who me taught this lesson when she shared her fears with me

To overcome your fear of judgement you have to really become open about what it is exactly.

### **1-Clarify**

Be honest and truthful of what is really scares you. remember the you won't get out of this jail called fear if you don't know what is exactly. SO, what it is it you really afraid of?

Are you afraid of being rejected? by whom  
Are you afraid of not being good enough? for whom?



## 2-Rate it

Once you gained clarity on what specifically are you afraid of and that will normally be accompanied by lots of emotions, now rate it.

The best thing to do that is to imagine your worst fear in front you happening like a movie.

For instance I used to be afraid of people bullying me with harsh and mean comments so I used to imagine that I'm walking around and the meanest people are saying the meanest things to me and I'm listening to what they are saying and just in total acceptance that this is where they at and this doesn't make me less at all.

Now as you do this I want you rate the feelings of fear you have from 1 out of 10, 1 being you don't really care and 10 being that you truly hurt and devastated.



### **3- Identify**

Our fears and insecurities are normally connected to a part of our body that is deeply affected by this thought. Make sure you identify which one it is, is it your chest, lower back, shoulders, stomach or head

### **4- Give love**

The last step is really to give yourself love, Hold your hand the area that is affected by the fear and just imagine love flowing through you, you can even affirm I'm allowing love to heal and dissolve my fear. Remember love dissolves fear

### **5-Repeat**

All you really need to do now is to repeat this everytime your fear surface. If you follow these steps there would be no place for fear in your life

1. Clarify: What is it exactly?
2. Rate it: 1 out of 10 and re-rate it after the exercise
3. Identify: Which part of your body is affected
4. Give love: touch that part of the body and love your self
5. Repeat: It's doesn't happen overnight



03



LET GO AND  
CONNECT

03

# Let go and connect

Why does it feel so uncomfortable to care about what

people think? I think the deep reason is that we don't feel free. I believe one of the spiritual lessons that we are to learn in this earth is the value of freedom. A lot of people feel that they are not free to be themselves. They feel like they have to be a certain way to be accepted.

How do we feel free of the opinions of others if we have been programmed to care about them from a young age?

The fastest and most effective way of doing this is meditation. Meditation gives you the freedom to stop your thoughts from flowing including those you think about when you care about people's opinion or your own flaws.

When you sit down to quiet your mind on a daily basis you begin to have control over your mind and essentially over your destiny.



I have yet not seen anyone who meditate on a daily basis and is still unhappy. I think the reason for this is that meditation gives your mind the ability to choose thoughts and you begin to choose the ones that makes you feel good about yourself

It would be very pointless to talk about any ideas and changes if you don't have a bit of control over your mind or focus.



There is a law in the universe called the law of momentum and it states that once you start a thought pattern you create a momentum, pretty soon this momentum starts to carry you strongly.

I hear so many people who feel like they can't stop their minds from thinking about things that destroy their own sense of worth. I certainly was one of them and I'm still on this journey.

I could really take the rest of the book to talk about meditation as if i can convince you to meditate then you will walk away with the greatest gift of your life. I recommend that you sit at least for 15 minutes a day doing any kind of meditation it's not important which kind you use as it is important that you do it on a daily basis

i named this chapter let go for two folds first you need to let go of your thoughts and that can only be done by a regular practice of meditation and second thing to let go of your perceived importance



# Precieved importance

Self esteem and self worth issues are quite common in developed countries mostly western and I believe the reason is the obsession with pride and individuality.

The media try to convince you that you are so important where in reality you are just a little tiny dot in the universe. Most songs, movies, advertisements, social medias and people carry this idea of importance.

This is not to say you are unimportant , you are but not in the way it's always been presented. Normally people give advice about raising yourself esteem, confidence and feeling good about yourself. I don't know about you but this has never worked for me.

My opinion about this matter is that you ditch your sense of importance because after all if you don't think you are very special then you have nothing to protect therefore you are fearless.



This idea came to me when I spent years on self love exercises and trying to feel worthy and enough.

I really feel that people who struggle with their self esteem are those who place too much importance on themselves therefore when they see someone else who appears more important they feel threatened jealous or unworthy

Loving yourself is good advice however it could be misguided and it normally is. The concept of self to people is normally the ego self, that is the self that compares itself with others.

So you could spend years maybe decades in therapy trying to love yourself and raise your confidence and someone or something could knock this confidence in a moment. This is because you are trying to love the ego self that thrives on comparing itself with others.



Okay now the question still stands *How do I let go of importance and isn't it natural for me to want to feel special?* Well it's easier than you think. All you have to do is focus on others.

So instead of focusing on yourself when you are with people focus on what you like about them. Let me tell you the good or bad news depending on how you take it.

People don't think about you as much as you believe. You probably know this already don't you! The reality is everyone main concern is to really feel worthy and appreciated and that is natural for us. But they all go about it in different ways.

If you want to feel worthy and appreciated then forget yourself and pay attention to others. Place the importance on thier good attributes and admire them

Trust me when this becomes a habit you will get the very thing you want which is appreciation. Most importantly you will have people around you that appreicate and love you



When I learned how to sell i was taught that the customer should be doing most of the talking and the seller should listen. That is the best advice you could give to someone who wants to sell something is instead of worrying about how you going to present your product, just focus on asking open question that will let other people do most of the talking. This take the pressure of you

You could take this in life and even in your thoughts. Instead of thinking I wonder if this person think I'm attractive, you could ask instead I wonder what is so interesting about this person or what do i like about this person? this sounds so simple however if this becomes a habit you will have incredible relationships.

Most people are so obsessed with themselves that they don't pay attention to others and this is why they always feel that they are not enough. But if you start to make people feel loved and appreciated sincerely by focusing on their good attributes they will love you in a way you never imagined



Remember it's a law anyone who builds peoples' self esteem will be adored. So give the very thing you so desire even if you think you don't have it. Instead of wanting attention pay attention to others and you will see magic happening

Let me repeat this you are not so important in the way you always thought. You are in here in this life to play a game. Feeling worthy and appreciated is only gained by making people feel good about themselves.

Okay, Zak Are you saying i should forget about myself and just focus on building people confidence? In short, yes and this is way better for your self esteem than trying to love yourself however you shouldn't spend your whole life doing this Which brings me to the last point in this book which is to have a purpose.

Having a purpose will help you serve people in the best way only you can do and therefore will make them feel that they are worthy. If you serve people with your passion and make them feel worthy then you will get so much love and attention and you also feel exhiralated in the process



Finding your purpose in your life will be your window to eternal happiness and overwhelming joy.

Finding your purpose means that you will ditch your sense of importance and focus on something much bigger and deeper giving you everything you ever wanted and much more.

People who are still struggling, those who are depressed and addicted to their own misery are all people who go about life like lost kittens. don't get me wrong *I love cats* But a cat life consist of eating, drinking, sleeping and making and feeding its family. Here is the news, you are not a cat.

YOU came here for a unique purpose only you could do. You have consciousness not just because of evolution but because you are to evolve your own spirit



# Summary affirmations

- *From now on I forgive myself fully*
- *I embrace all my flaws*
- *I let go of fear and I let love in*
- *I meditate to quiet my mind*
- *I let go of my sense of importance*
- *I connect to my purpose*



Zakarya Alashwal is a professional coach who helps young professionals heal and free themselves from the bondage of judgments to fulfill their true purpose.

As promised here is the audio version of the exercise copy and paste the link

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