



5 Tips to Effortlessly Overcome the Fear of Facebook Live Videos

Quickstart Guide

Facebook Live is the latest and easiest way to share your voice with the world. Yet, I have found that so many of my clients and friends – even the most conscious, and “out-there” folks, are afraid of using it.

Since starting the The Voice of Women’s Wisdom movement – I thought it would be helpful to make this quick guide to help you overcome the fear that might be stopping you from sharing YOUR wisdom with the world.

It’s time for you ditch that perfectionism and share your story. You need to be seen and heard!

Here’s how to overcome the fear:

- 1. Take the focus off of you!** It’s not about you anyway. The focus is on sharing your freedom, and acknowledging the wisdom of others who have inspired you. You’re a natural giver. When you share to give of your gifts, it takes the edge off the discomfort. There are no points given for perfectionism. It’s you showing up, just as you are, that is so inspiring and empowering to others. This is the beauty of showing up live. It’s just like being with others in an expanded room.
- 2. Use Notes.** It’s such a support. No one is going to see them. No one cares if you look at them. You can post sticky notes all around you – to remind you of points you want to make, or questions you’d like to ask.
- 3. Remember – Holding onto your story will stop you.** Holding on IS the essence of inner slavery. “What will they think of me?” “What will they say?” “What if it’s not perfect?” “I’m not good enough”, “I’m not experienced enough”, “I’m not a leader yet.” Sweetheart, you’re a wise woman by the mere fact

that you are alive and have lived your life with all of its ups and downs, with all the rich lessons that has provided you with. So....time to get off it!

4. **Feel the fear and do it anyway.** You'll make a difference. You'll feel confident. You'll be connecting to other wise women in community and feel part of a larger whole. This is extremely satisfying.
5. **Listen to healing music to calm your nerves and connect you to your center.** If you haven't yet downloaded the music meditation, you can do so here: <http://elianagilad.com/healing-music-meditation/>. Play the music just before you record. The music will connect you to your limbic brain (the part that is BEYOND your jitters and monkey mind).

Sharing your voice with the world will do you and all of us good! Your voice makes a difference! Can't wait to hear it.

All the best,

Eliana Gilad

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