

Module 3:

Fear is your Doorway to Freedom

"When we feel blocked in an area, it is because we feel safer that way" - Julia Cameron

Much of this section of the course has been influenced by the work of Gosnia Gorna & Julia Cameron. In order to learn more about fear, read the Expansion Game or the Artist's Way.

Fearful thinking drives the snake, and our obsessive patterns. Fear is essentially a **story** that we create in our minds that doesn't serve us. Fear is usually coupled with a negative emotion or anxiousness in the body. It keeps us trying and trying & still feeling tired, unhappy or worthless. This module will help you fall in love with your fears by allowing you to understand the helpful role they can play in taking you to the next phase of your growth.

Why Fear is Useful

Historically, fear has been necessary to assess if situations are dangerous. Today, fear has transferred from the realm of physical survival to our emotional states. Our subconscious mind will protect us from physical and emotional pain by generalizing our experiences, and attempting to convince us not to take the same action again. Healthy fear keeps us alive and simplifies life for us. An unhealthy fear will prevent us from stepping into our gifts and talents by remembering how painful the experience was last time. If you were previously in a relationship that was harmful, for example, your subconscious mind may look for ways that a new person might leave you. When the inner voice is extreme, this could lead to over-controlling generalizations that may convince you're better off alone.

The problem arises because it is impossible to thrive without taking a risk; the stories that our unhealthy fear tells us will most likely never happen; and we actually block our desires.

Here are a few clues that will let us know if we are in a chronic state of fear:

- We retreat, isolate, and do what we don't want to be doing or don't feel good doing what we are doing;
- Not knowing how to create boundaries/ constantly people pleasing;
- An inability to say yes or no honestly;
- Pushing too hard, looking for results, aggression with others, running from place to place, and burn out
- Creating excuses to not pursue your goals: long winded stories about how it won't happen, comparison, or judging others for what they have
- Being a grave robber: rehearsing past grievances or digging up old mistakes
- Making other peoples' business our own
- You haven't achieved your dreams. Believe it or not, fear also hides behind our biggest dreams
- We feel there isn't enough (time, money, health, etc)
- We cannot enjoy or have peace until everything & everyone behaves as we would like them to.
- We wear different masks to make people like us, or we isolate to make the problems go away.
- We lie in order to be accepted
- Feeling guilt when we put ourselves first

Our mind in fear sounds like: "I can't achieve that, why would I even bother trying. I've never had a successful relationship, why would this one be any different. I fucked up, there's no way I can fix this. I'll never come out of this. I might as well give up. My life has been so hard and no one cares. I'm a fraud."

Your circumstances are malleable - they change when the mind does. Behind your fear is possibility, learning, growth and fun ! As soon as you walk through it, joy is on the other side.

How to Overcome Fear

Here is a quick set of questions to let you know if fear is actually holding you back below.

List your struggles in the space below. What are your biggest struggles? Where do you feel the most stuck? What do you want to see change?

In what areas do I procrastinate or when do I distract myself (clue: observe the logs)? (for instance, not asking for a pay raise, not calling someone, not forgiving something, letting go of a toxic relationship, etc.)

What is the Ego (Voice of Fear):

The ego is the mind of fear. The ego can be incredibly useful - our hidden desires and truths might be underneath or driving the ego. It is important to give it a voice in a sacred space or writing exercises so that it can be recognized and acknowledged. Then, transcend it.

The ego mind is not the truth of who you are, and what it says is not true. In its simplest form, the ego is our self centred self talk, i.e., BS. It is our self hatred masquerading as self love. It may have kept us safe. It comes as the guise of "responsible considerations" and seems reasonable, yet will keep us separate, stuck, and idle.

Your mind has the Power to extend this Infinite Love (your tree branch) into the world. Unless and until we align our mind to spiritual truths, love, power, and believe it, we will fall into fearful thinking. How do we get rid of the intruder/ ego? It is the absence of love. When we turn on love, darkness disappears.

Step 1: Welcome the Fears

Instead of avoiding the fears, be curious and welcome them. MANTRA: *My fears are safe. My fears are a door to my freedom. Fear is my greatness staring back at me. Looking into my fear will allow a greater reality to unfold.*

No matter how ugly, or uninviting these fears are, suppressing them will prolong them. If we are to become the greater versions of ourselves that we want to be, we must love these fears no differently than we would love a child who is hurting.

Step 2: Write the Fears Down

Our minds magnify what we hold onto inside. Writing the fears down will allow the fears to seem smaller and more manageable. When fear takes up space in our minds, it lowers our energy, contributes to added stress, keeps us stuck in a negative rut, and cuts us off from our Power Source.

Get a sheet of paper and create a table like the one below. This is similar to the inventory in the 12 Steps. If there is a particular situation causing fear, write it in the first column. What is the actual fear? Write it in the second column. In the third column, write down how this fear affects you (your sense of security, your pride, your relationships, etc). Lastly, in the fourth column, ask yourself which belief is holding you to that fear. If self reliance didn't fail you, would you still have this fear? Here are three examples of how to fill out the table below:

Situation	Fear	This affects my...	My Part
Finding the right partner	He will cheat on me like the last person did	My pride, my sex life, my self esteem	Holding on to a story that no longer serves me. Believing I'm not worthy of a relationship
A friend stabbed me in the back	Of being taken advantage of	My sense of security, my finances, relationships	Holding a grudge and resenting him. I never spoke up to them.
My relationship with food	I'll never feel good again. Fear of what others think of me	Sense of security, self esteem	Holding on to a hurt that no longer serves me. Never believing I am good enough.

List the fears behind your biggest dreams : If I could eliminate all boundaries, I would _____? How does fear stop you? Then, ask yourself, what is the worst thing that can happen if I achieve what I want?

Step 3: Question your Inner Critic

- Ask yourself: is what I am thinking about this situation 100% true?
- Does this thought bring me the results I want?
- What effect is this thought having on me?
- What does it say about myself that I'm not okay with myself/ others/ my situation/ my pain?

Step 4: Clear Your Inner Critic Using the Expansion Game Below or Muscle Testing

Play the game on the next page. OR, use the muscle testing techniques we learned, use the emotions chart to practice emotional clearing and releasing the effect that this fear has on the body. Start by stating "I'm ok with ... {your fear}" . Then test a "LOCK" or "UNLOCK". If you get an UNLOCK, go through the chart to identify which emotion this fear is linked to in the body. Use the Meridian Points and breathe 3 times to clear it.

For more information go to www.clearyourshit.com and download the Free 7-part series on clearing.

The Expansion Game: Clear the Fear

I'd like you to play a game with me. I learned this game from Gosnia Gorna's Book - the Expansion Game.

Use one of the struggles you listed above : for example, *achieving my dreams*. In the steps below you will trace back your struggles to list your biggest fears. For all three sections of this part, ask yourself, if this fear becomes a reality, what is the worst thing that could happen?

List this fear in 3 steps:

Level 1 - BAD: (identify and articulate your fear): _____

Example: I can't achieve my dreams because I procrastinate and I work too hard and I don't keep my boundaries. I don't complete the things that will allow me to achieve my dream.

Level 2 - WORSE: (if this fear persists, what's the worst that can happen?): _____

Example: I fail because I never gave this my all. People make fun of me. My family was right, I wasn't being realistic. Nothing is working out for me.

Level 3 - CATASTROPHIC (call in the greatest amount of love that you can currently muster for yourself in order to allow your fears to be seen and the emotions to come up): _____

Everyone knows that I failed, they make fun of me, they compare me to others and financially I can't afford the lifestyle I need.

In this example there are three fears underlying not achieving my dreams: the fear of failure, the fear of what other people think of me, and financial fear.

Now, play the game in the opposite direction: find something positive that can happen if the reverse situation were to occur:

Level 1: GOOD: (describe your ideal situation): *I achieve success*

Level 2: Better: (what if this got even better): *I earn the money I need to live the lifestyle I deserve*

Level 3: Best EVER (exaggerate, dream big): *I build a life with incredible friends, partner and family, I am traveling around the world, helping others, I have so much joy, life is amazing.*

Now we are going to play. We are going to CLEAR these fears by SWINGING them back and forth until we are no longer triggered by them. Put the two opposites in one paragraph and start the sentence with "I allow myself to..." and end the paragraph with "and I am looking forward to it".

Example:

I allow myself to..... go for my dreams, and I procrastinate and work too hard and don't keep my boundaries, I don't complete the things that allow me to take the necessary steps, my health falls apart and I fail. Everyone makes fun of me for failing. I can't afford the lifestyle I want and I am looking forward to it.

The reverse:

allow myself to..... go for my dreams, and I do so well. I earn the money I need to live the lifestyle I deserve. I build a life with incredible friends and family, I am traveling around the world, helping others, I have so much joy, I'm building a community and healthy habits..... and I am looking forward to it.

Swing back and forth by speaking these two scenarios out loud. This swinging will help you return to the centre, and you will commence to feel peaceful.

Fill in the blank with both your negative statements and positive ones:

Worst case scenario:

I allow myself to...

..... And I am looking forward to it.

Best case scenario:

I allow myself to...

..... And I am looking forward to it.

When you name and speak out loud your greatest fears, you face and name the things you have suppressed until now. You look them straight in the eyes and shine light onto them, and suddenly they lose their power. As we speak these truths, we allow them to release and become less believable.

This never fails when given a fair trial. When we let go of our fears, we set ourselves free. We are accepting a new script for our lives. We are welcoming divine love into us by taking out the garbage that is keeping us stuck. We can clear the fears in a number of ways.

Visualize the potential benefits from releasing this fear, and write this on paper. What good will come when I release my fears?

Free Yourself from this Fear

When you think of your fear story and where it lives in your body, what does it FEEL like?

Why will I forgive myself & others? On a scale of 1-10, how open am I to releasing this fear?

Feel the Fears: Set your timer for 90 seconds. Set the intention to allow the fears to come up and be let go. Feeling our fears for 90 seconds will help us release these fears for good. You can say this mantra:

Inner guide, I surrender this fear to you. Thank you for helping me reorganize this limiting belief and restore it back to love.

Allow yourself to FEEL YOUR FEAR, and visualize yourself releasing these fears. Love every single fear as it comes up, and imagine cutting the umbilical cord that holds you hostage to them. Forgive yourself now for having these fears and continue releasing them until you feel relief, and peace over them.

Step 5: Tune into your Inner Spirit & Abundance:

Tap into your Inner Abundance - what is working in your life? Make a list. Remind yourself of what you do have. Who are you? What are you grateful for? Creation has given you this identity, infinite potential, the opportunity to change your thinking, the capacity to love, and the Power to live in abundance at any moment, and that cannot be taken away. Reset prayer: **"God remove my fear and direct my attention to where you would have me be"**. *Lean into trust and visualize spirit holding this fear for you, so you can step out in action. Abundance and prosperity in all walks of life show up when you do.*

Step 6: Take the Next Scary Action to Break the Fear Story

What is the action you have been procrastinating as a result of your fear? Who can hold you accountable to this next step to allow you to take a bigger step in the story you will create for yourself.

Step 7: Tune Into your Body

When you tune into your body, is your body tense? How does your body open? How does your body close? Note: the body will close and tense when fear starts coming back in. Keep minding your body, your breath, and how you feel.

Step 8: Write a New Story

In times of doubt, you can turn to your freedom statement to remind yourself that paradise exists as we are.

See the next page for guidance and questions to writing your new story.

Write a New Story

'Whoever you are, or whatever situation you may be facing, the key to harmony and restored balance is in your hand now. The trick is to get yourSELF out of the way.' -Emmett Fox

If you weren't afraid, what would you allow to happen? What would you allow yourself to experience?

"He will his give angels charge over you, and keep you in all your ways."

If you knew you would always be taken care of, and there was always MORE than enough, what would you allow to happen?

If I knew how loved I am, that the Love within and around me was greater than any ocean, taller than any tree, and wider than any desert, what would you allow yourself to experience? What could you give?

When you are completely free of these fears, what might life look like for you? What else is happening?

There is a term called 'scientific prayer' that is used by some of the great spiritual leaders. In order to practice it, it requires an open mind, an open heart, and sufficient faith to try it out. You can have any views on religion that you'd like, or you can have none at all. Tap into the divine spark of Creation that lives inside all of us. Spirituality is a part of the 7 aspects of self (physical, mental & intellectual, spiritual, love/sex, family, financial, social, career/ vocational) most of us ignore our spiritual selves because we're mostly intellectually driven.

In the areas where you feel helpless, start to invite your Higher Power/ Love to meet the problem and rehearse in your mind who you are in your Highest Expression. Substitute thoughts of fear for thoughts of your Higher Self.

EX: "I am capable. There is a unique purpose for my life. I am loved beyond means and I belong here. My body and mind are healing now. I am turning my life around right now by taking one step forward. I am guided by peace, love and guidance. I trust the Universe is guiding me now. I surrender to you my work, relationships, and more. Amen"

Our thinking matters. We can either think solely along rational lines, or we can start to align our thoughts with spiritual power. Bob Dylan writes in his song You Gotta Serve Somebody, "it may be the devil or it may be the Lord, but you gotta serve somebody." Our soul naturally LEANS. We can release fearful thoughts to Source with the Mantra: remove my fear and direct my attention to where I need to be. And affirm, align, and lean on the Love Within.