

MASTERING FEAR

***Joy comes first in the body then the mind projects fear/anxiety into the future:
anchor joy and draw fear back into body***

Fear is a natural safety mechanism that keeps us awake and aware and yet it can become an unhealthy fixation of the mind that keeps you small.

If it's not a primal survival fear ie/ there's a car coming and I need to jump out of the road, then you need to understand and know how to deal with fear when risk becomes exaggerated in your mind.

Core fears become buried under layers of thought, experience, emotion and suppression and it can take some time to truly see what is underlying for you.

Fear underlies all negative thought and emotion, such as anxiety, feelings of resistance, worry, judgement.

Do you let yourself get affected by other's fears? What fear in you allows this?

9 Core Fears and their behavioural cues

- Fear of not receiving love if you make mistakes, are bad or show anger - *Judge others, try to control things, 'I can handle it'.*
- Fear of not receiving love unless you are giving- *"It doesn't matter", over teaching and over giving to be loved.*
- Fear of not receiving love if you stop working, are a failure or incompetent - *Keeping busy, trying to prove and show success, DOing not BEing.*
- Fear of not receiving love if you are ordinary, if you don't stand out, fear of rejection, of not being able to connect with others – *try to over connect and the need to be unique.*
- Fear of overwhelm and intrusion from the world, of time and money being taken from you - *Isolate and limit themselves from interaction with the world.*
- Fear of fear itself, being unsafe or insecure - *Either act fearless or be in avoidance/hiding and self-doubt, always thinking what could go wrong.*
- Fear of any kind of pain, missing out or being limited - *Keep lots of things happening, addicted to adventure, no real focus, wants 'light and happy'.*
- Fear of showing weakness or vulnerability - *'Over act', armour up.*
- Fear of speaking up for fear of conflict - *Avoid conflict, "everything is fine", avoiding action until everything is 'in harmony', here to keep the peace. Fear of anger lies beneath.*

Which recurring fearful thoughts do you have?

Depending on the nature of the fear, the intensity and the persistence of it, the following steps are a guide to follow to master fear.

STEP 1 TO MASTER FEAR – Acknowledgement and enquiry

Useful enquiry when a negative thought or emotion comes in is to ask: What is the underlying fear? Am I really in danger? Is this really true? How do I know it's true? What experiences have led me to believe this is true? What experiences have shown it isn't true?

STEP 2 TO MASTER FEAR – Move out of Resistance

What you resist persists, how we tend to resist Fear:

Suppress it

Spiritually bypass it

Wanting it to go away

Trying to make it go away

Denying it

Judging it

STEP 3 TO MASTER FEAR – Be with the discomfort

Acknowledge and sit with the feeling of discomfort that this fear brings without needing to change it or fix it.

STEP 4 TO MASTER FEAR - Allowing

Tell yourself it's okay to feel the fear, you are okay.

STEP 5 TO MASTER FEAR – Invite it into the safety of Womb Space

Fear comes when the mind projects into the future and out of the body. Womb space anchors presence back into the body and holds a seat of safety in the NOW.

As you sit with the fear, invite it into womb space.

STEP 6 TO MASTER FEAR – Converse with the part of you that is fearful, forgive the fear.

Fear usually comes from a much younger part of our self.

Talk to the fear, how is it or she feeling? Ask why they are fearful, how old is the fear? Forgive her/the fear. Ask it/her what you need to know or what they need. Play the part of a coach with this part of you.