

EXERCISE TO MOVE FROM FEAR TO LOVE

Core Assumptions and Beliefs that Guide this Exercise:

~There are two primary emotions: Love and Fear. And fear is just an experience of the lack of love and crying out for more love, not less.

~Suffering comes from attaching our attention to thoughts of fear.

~There is a Field of Conscious Awareness always grounded in Love, behind all thoughts, including thoughts of fear and suffering.

~Each step of this exercise can be as short as 20 seconds or as long as you wish.

~Each of the seven visualization steps may be said silently or aloud with eyes open or closed repeating each phrase slowly for 20 seconds or longer.

~Each step begins with a Deep Grounding Breath: long inhale, longer slow exhale, pause and repeat.

(Deep Breath) Step 1: I am afraid.

(Deep Breath) Step 2: I feel fear.

(Deep Breath) Step 3: I have awareness of feeling fear.

(Deep Breath) Step 4: The Field of Conscious Awareness is larger than all thoughts including thoughts of fear.

(Deep Breath) Step 5: The Field of Conscious Awareness connects all things in a state of Safety, Comfort, Compassion, and Love.

(Deep Breath) Step 6: Resting in The Field of Conscious Awareness, all thoughts of fear, can become teachers of the truth that I have chosen to invite fear into my home, and I can ask it to leave whenever I want it to.

(Deep Breath) Step 7: Resting in the Field of Conscious Awareness I awaken to the truth that I deserve more love, not less.

NEXT: Repeat the exercise substituting for the word “fear” the word “suffering” or any other word or phrase that represents a distressing or negative thought.

