

Disarming The Power Of Fear.wma



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Disarming the Power of Fear We all experience fear in our lives. It comes in many forms and disguises. In this lesson we will discuss the kind of fear that prevents us from moving forward and upward in our lives and evolution. Fear is a tricky emotion for many reasons. It can serve as a warning not to proceed down a dark secluded alley but this sort of fear is momentary and easily identified. You simply don't walk down that alley, or learn how to protect yourself and you do. Either way you assess the situation and evaluate whether or not you have the necessary skills to handle the possibilities you anticipate. The ones you don't anticipate you don't fear, because they have not entered your mind. The kind of fear this meditation works with is the fear that prevents us from realizing our dreams. The what ifs that may or may not occur, but that if we allow our fears of them to prevail can keep us from growing or from having the experience of a lifetime. The kind of fear that in the future may make us wonder what might have been. This exercise helps you look at the bigger picture from a detached position. It is meant to assist you in finding the courage you need to move forward, after you have an idea of what it is you really want to do, but are just afraid of disappointment. The extent of the consequences not filling your expectations is for you to evaluate in each individual situation you are faced with. This meditation connects you with your intuition so you may discover if you have the tools and skills necessary to undertake a particular venture, and maybe surprise you with the rewards that may come from going out on a limb when fulfilling your dreams requires you to go against the grain. The inspiration for this meditation comes from a multicolored fantasy realm in order to resemble the unpredictable surprises we find along our life's journey. Think of an area of your life that you may want to explore or an opportunity you would like to go for, etc. Where you have fears that prevent you from taking the plunge. Write about it in your journal. Also write your expectations and fears on the issue. Write down how you feel about the same issues after the meditation.

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