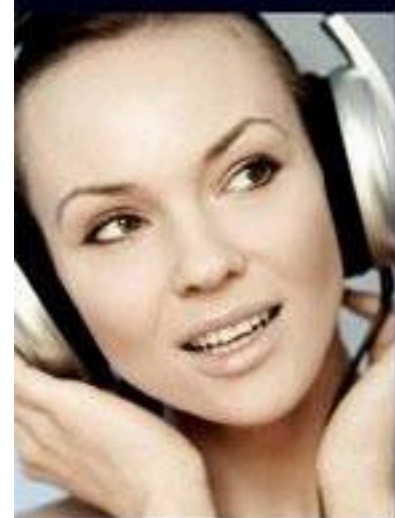


22 Powerful Tools to Transform Your Fear Into Happiness, Peace and Inspiration



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22 Powerful Tools to Transform Your Fear Into Happiness, Peace and Inspiration

By Iain, Cyndi, Phil, Jeff and the Evolution Team

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22 Powerful Tools to Transform Your Fear Into Happiness, Peace and Inspiration

Fear is undoubtedly one of the strongest and most influential emotional responses we have, and it can act as both a protective and destructive force depending on the situation.

Obviously, fear can help us avoid dangerous situations, triggering the —fight or flight response when we feel threatened. Unfortunately, this same response can also be triggered when no real threat exists. We simply find ourselves feeling overwhelmed and anxious even when we know logically that no harm will come to us.

For many of us, fear can become a serious hindrance in our lives, preventing us from getting a better job, meeting eligible life partners, seeking medical care, or even venturing outside our homes in severe cases.

Fear is one of the most common reasons that people hold back on living the life of their dreams. Even if they intensely want to create better circumstances, they may struggle with an overwhelming fear of failure, so they refuse to take risks because they may have to endure unpleasant outcomes. In these cases the risk of failure seems to outweigh the benefits of success, so they hold back and do nothing.

Fear of success can be a powerful hindrance as well, making people feel stressed and overwhelmed with the added responsibilities that would probably come with greater success. They may fear not being able to handle those responsibilities, or worry that they'd feel pressured to keep attaining the same level of success in the future. These fears are often enough to cause people to sabotage their own efforts, even when they sincerely want to become more successful.

Either way, fear is strong enough to paralyze most of us – whether the things we fear are real or imagined.

Fear and Love Cannot Co-Exist

By nature, fear and love act in conflicting ways in our lives. Fear is restrictive, repressive and limiting. Love is expressive, abundant and free-flowing. Fear contracts, love expands. Fear retreats, love forges new pathways. Fear is closed off and stagnant, love is open and vibrant.

Because of the reflective nature of our universe, the mindset you most often hold will be mirrored in your every experience and in every person you encounter.

When you live your life from a mindset of fear, you are bound to see that same quality of stagnation and repression everywhere. Your opportunities will seem smaller or more restrictive (or even non-existent). The people you interact with daily will probably seem more reserved, less generous, and less caring. Even your work will seem repressed, perhaps boring or unfulfilling; and your income may shrink in proportion too.

On the other hand, when you begin living your life from a mindset of love, everything around you seems effusive and joyful. The people you meet seem warmer, kinder and jovial. Opportunities come rushing forth to meet YOU, rather than you having to chase after them, and your work will probably seem more fulfilling and enjoyable – not to mention more profitable.

Contrary to popular belief, you do not need to be highly spiritual or enlightened to live from love rather than fear. All it takes is a simple shift in mindset to create big changes in your outer world. *“Hope and fear cannot occupy the same space. Invite one to stay.”* -Maya Angelou

The Three Universal Fears

In his book, *The Divine Matrix* author Gregg Braden writes, *“The root of our „negative” experiences may be reduced to one of three universal fears (or a combination of them): abandonment, low self-worth, or lack of trust.”*

When you think about it, all of the fearful responses you have in life probably correspond to one or more of these three universal fears. You may fear being alone, being rejected, or not being good enough; you may have a difficult time trusting other people, the universe, or your own strengths and abilities.

The good news is that fearful thought patterns like these are simply habits that we are taught as children or develop on our own in adulthood. And like all habits, they can be changed with just a little bit of determined effort.

In the first 3 chapters of this ebook you’ll learn how these 3 universal fears affect our lives through our personal fears, collective fears and consciousness.

Then in chapter 4 you will discover 22 simple techniques that can help you to transform your fear into more empowering feelings. These methods may be simple, but don’t be fooled into thinking they can’t possibly work because they are immensely powerful if you give them a fair chance.

Some of these methods may take time and consistent effort to work best, but others can offer relief within a few minutes. Feel free to pick and choose the ones you think will work best for you and you may also feel inspired to personalize them.

Remember that the whole point of these exercises is to help you FEEL better – to transform your fear and anxiety into feelings of peacefulness, joy, love, contentment, confidence, or any other positive emotion you would like to feel. Therefore, there are no right or wrong ways to use these methods. Try them in any way that feels right to you, or even use them as a jumping-off point to create your own effective techniques.

FREE GIVEAWAY RIGHTS

If you know any friends or family members who might also benefit from this ebook, please email them all a copy of the pdf. Let's work together to make this a world of courage, love and happiness.

Thank you once again to all our Evolution readers who made this ebook

possible. Love and peace 😊

Iain, Cyndi, Phil, Jeff and the Evolution Team

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Chapter 1 - Personal Fears – Page 7

Chapter 2 - Collective Fears – Page 11

Chapter 3 - Consciousness and Fear – Page 13

Chapter 4 - 22 Transformational Tools -

1. EFT (Emotional Freedom Technique – Page 15
2. Affirmations for strength, peace and confidence – Page 17
3. Connecting with Pure Positive Energy – Page 19
4. Staying in the Present Moment – Page 21
5. Rewriting the Fear – Page 23
6. Gradually Choosing Better Thoughts (Abraham-Hicks Technique) – Page 24
7. Energy Medicine Techniques – Page 26
8. What's the Worst Thing that Could Happen? (Dale Carnegie Technique) – Page 28
9. Connecting with Your Source Through Prayer – Page 30
10. Purging Fear with Automatic Writing – Page 32
11. Meditate to Release Fear – Page 33
12. Seeking an Objective Opinion – Page 35
13. Destroying Fear Symbolically – page 36
14. Clearing Negativity with Ho'oponono – page 37
15. The Sedona Method® - page 38
16. Releasing Charged Emotions Through Grounding – Page 39
17. Expelling Fear Through Breath Work – Page 40
18. Sound Therapy – Page 41
19. Feed Your Mind with Inspiration and Wisdom – Page 45
20. Turning Fear into Gratitude – Page 46
21. Diffusing Fear Through Journaling – Page 47
22. Subconscious Programming For Automatic Fear Removal – Page 50

Chapter 1 Personal Fears

Part 1: Why Fear Limits Your Life Potential

Have you ever felt like fear was preventing you from reaching your full potential in life? If so, you are certainly not alone because fear is one of the biggest obstacles that many people face when trying to create better life circumstances.

Below are some of the most common ways that fear can hold you back:

Fear can prevent you from making positive changes.

Sometimes fear can make even the smallest changes seem extremely uncomfortable. For example, you may be deeply dissatisfied with your job, but feel nervous or uncertain about finding and applying for a better one. Or you may have always dreamed of buying your own home but worry that the responsibility would be too much to handle.

Fear can prevent you from breaking destructive habits.

We all know that smoking, poor dietary choices, excessive alcohol and a sedentary lifestyle are a recipe for health problems, but we often gravitate toward these habits because they help numb our anxious or fearful feelings. If you have ever tried to break a bad habit like this, you know how stressful it can be because suddenly you are filled with anxiety and you don't know how to handle it except to run back to your —pacifiers! — the very habits you are trying to break.

Fear can prevent you from taking risks.

Many of us shy away from risk because we fear negative consequences. For example, you may hesitate to invest your money because you fear losing it, or avoid starting a new relationship because you were so hurt by the last one. What most of us fail to realize is that risk can also bring great rewards. Avoiding risk may help us avoid negative possibilities but we also miss the excitement and joy that come from positive outcomes.

Fear can prevent you from pursuing your goals.

Have you ever dreamed of doing something great but were never able to push yourself to do it? Perhaps you dreamed of being a stand-up comedian but dreaded the thought of public speaking, or you desperately wanted to be a bestselling author but were too afraid to pen that novel lurking inside of you.

Fear can prevent you from expanding your life.

Social anxiety is another common way that fear can limit your potential. It may prevent you from attending networking functions so your career or business can't grow properly, or you may avoid taking that much needed vacation to relax and explore other cultures because you fear flying or being on a cruise ship.

How to Stop Fear from Limiting Your Potential

It's important to note that all of these fears are most often groundless. They are merely a perception that things —could go wrong — but that doesn't mean they will.

Rather than trying to force your way through the fear, you may find it easier to explore the many ways that fear can be effectively released from your mind, emotions, and body. When you know how to release the fear, you simply handle it as you would any minor obstacle and then continue on your way to creating the best life you possibly can.

Part 2: Some common fears that could be hiding in your mind:

Fear of Dying

Probably most people's number one fear ...so here's something to think about...

"This self (your ego)... possesses some terrifying information. It knows that *if it's lucky*, it's destined to grow old, get sick, and lose everything that it's grown to love. Then it will die. This is a shortened version of what the world has offered you, which probably leaves you mystified and flabbergasted at the absurdity of this thing we call life.

Into this bleak picture, which inspires fear and even terror, I'd like to introduce a concept that will eliminate the terror. I want you to know that you needn't subscribe to the idea that you are only this collection of bones and tissues, destined to be annihilated in an aging process.

You've emerged from a universal field of Creation that I've been calling *intention*. Life itself is eternal, and you spring from this infinite *no thing* called life.

...therefore we must conclude that life, in terms of our body and all its achievements and possessions, which without exception begins and ends in dust, isn't life itself. Grasping life's true essence could radically change *your* life for the better.

This shift toward seeing yourself as an infinite spiritual being having a human experience, rather than the reverse - that is, a human having an occasional spiritual experience, is loaded with fear for most people. I urge you to look at those fears and face them directly right now; the result will be a permanent connection to the abundance and receptivity of the universal source that intends all of Creation into temporary form."

Taken from 'The Power of Intention' by Dr Wayne Dyer

Other common fears -

Fear of Failure

If you have ever held back on a goal or avoided taking action that would lead to a positive outcome, you may have been fearful that you might fail. Fear of failure can be subtle because our minds can come up with endless excuses why it's not a good time to take a risk right now, or how the odds don't seem to be in our favor, and so on.

Fear of Success

It's hard to believe that anyone could be afraid of success (isn't success usually a good thing?) but it's far more common than you might believe. Most often it's not the success itself that people fear, but rather all of the responsibilities and uncertainties that come along with success. If you worry that you won't be able to handle these things, you will resist putting yourself in a position where you would have to face them.

Fear of Rejection

Fear of rejection is usually related to low self-esteem, but may show up in subtle ways. You may lash out at others when a possible rejection is imminent; sabotage relationships so you can be the one who rejects the other person instead of them rejecting you; or you may simply withdraw from social interaction to avoid the possibility of being rejected at all.

Fear of Not Being Good Enough

This is another fear that is connected to self-esteem, and it often affects everything you do in life. You may avoid making changes to improve your life; settle for a dissatisfying job that pays less money than you are capable of earning; or continuously sabotage your goals. If you don't believe you deserve to have better life circumstances you won't allow yourself to create them.

Part 3: America's Top 10 Fears/Phobias

1. Snakes - 51%
2. Speaking in public - 40%
3. Heights - 36%
4. Being closed in a small space - 34%
5. Spiders and insects - 27%
6. Needles and getting shots - 21%
7. Mice - 20%
8. Flying on a plane - 18%
9. Dogs - 11%
9. Thunder and lightning - 11%
9. Crowds - 11%
10. Going to the doctor - 9%



*source * Gallup Poll, February 18-21, 2001 (1,016 respondents; + or - 3%)*

Chapter 2 Collective Fears

Part 1 Collective Fears and How They Are Fed to You...

Most of us have a set of unique fears that relate to our own lives, like concerns about loved ones, financial worries and so on; but there are also many —universal fears — or perhaps you might call them —collective fears — that are communicated to us through our environment.

These fears often relate to situations and events that leave us feeling vulnerable and defenseless, such as worldwide 'pandemics' (...and 'vaccines'), 'terrorist' attacks, economic and financial crises, and so on.

Not only do we see and hear constant references to these frightening scenarios in the media and from the people around us...

...the energy of collective fears also seeps into the very fabric of our reality (the quantum field) and continues to resonate around and within us.

Since we are all connected to the collective consciousness, we can actually absorb this —fear energy— as we go about our daily lives - even if we don't pay attention to the media hype and mass hysteria.

In other words, if society's desire was to manipulate and control people by keeping them suppressed in a low vibratory state of fear *...this can affect everyone...*

Have you ever felt nervous, edgy, tense, or vulnerable for no apparent reason? Even when everything in your own life was going fine, you may still have been affected by these collective fears and felt uncomfortable as a result...

...And to make it worse, the moment you begin focusing on these fearful feelings, the more you begin to magnify the collective fear energy without even knowing it...

Part 2 Reducing the Impact of Collective Fears

It's not easy to avoid absorbing these fearful messages, especially when you seem to be surrounded by endless examples of them every day. However, there are a few things you can do to minimize the impact they have on your life.

An obvious first step is to limit your exposure to news broadcasts; especially when they always seem to pertain to frightening events that are beyond your control...

Focusing on this force-fed fear programming only makes you feel more vulnerable and adds to the energy of the collective fear. Certainly you can stay informed about world events but it is advisable to seek independent, unbiased news sources on the internet, and then immediately start shifting your focus to something less fearsome.

Empower yourself by remembering that most of the things you fear will never come to pass. In fact, when you remember that giving your attention to anything only makes it seem bigger and more intimidating, you can surely see the wisdom in being more discerning about the things you think about.

Deliberately focusing more on positive things will help override the negative input you receive each day too. When you take greater control of your focus and place it decisively upon the creation of a joyful and positive reality, you contribute that same energy to the quantum field. This helps minimize some of the fearful energy being contributed by others around the world.

It's true that there are many horrible, scary things to worry about – but there are equally as many wonderful, joyful things to ponder. Spend time each day thinking about the people you love, happy memories, and the great experiences that may be waiting just around the corner for you. It may not make the scary possibilities go away completely but it will lighten your mood, leave you feeling happier and less fearful.

Chapter 3 Consciousness and Fear

Consciousness and Fear

"Once the fear of death is transcended, life becomes a transformed experience because that particular fear underlies all others, Few people know what it is to live without fear - but beyond fear lies joy, as the meaning and purpose of existence becomes transparent." **David Hawkins - Power vs Force**

“Fear runs much of the world”

"Fear runs much of the world, spurring on endless activity. Fear of enemies, of old age or death, of rejection, and a multitude of social fears are the basic motivators in most people's lives."

"From the viewpoint of this level, the world looks hazardous, full of traps and threats. Fear is the favored official tool for control by oppressive totalitarian agencies."

"The proliferation of fears is as limitless as the human imagination; once Fear is one's focus, the endless worrisome events of the world feed it. Fearful thinking can balloon into paranoia or generate neurotic defensive structures and, because it's contagious, become a dominant social trend."

David Hawkins in Power vs Force

In his book 'Power vs Force', David Hawkins calibrates people's emotions from levels 20 up to 1000. 20 being Shame which is perilously proximate to death. It's destructive to emotional and psychological health, and makes us prone to physical illness.

At the other end of the scale at 700- 1000 is enlightenment. This is the level of the Great Ones such as Krishna, Buddha and Jesus. It is the peak of the evolutionary consciousness in the human realm.

All levels (which could be classed as vibration levels) below 200 are said to be energy draining, and below integrity. These vary from Guilt (30), Grief (75), Fear (100) Desire (125), Anger (150), up to Pride (175).

People feel positive as they reach Pride level. However Pride feels good only in contrast to the lower levels. Pride is defensive and vulnerable because it's dependent upon external conditions, without which it can suddenly revert to a lower level.

At the 200 level of consciousness, power first appears. Courage (200) is the zone of exploration, accomplishment, fortitude, and determination. People at this level put back into the world as much energy as they take; at the lower levels, populations as well as individuals drain energy from society without reciprocating.

Further levels include neutrality (250), willingness (310), Acceptance (350), Reason (400) and Love (500).

This level is characterized by the development of a Love that is unconditional, unchanging, and permanent. It doesn't fluctuate – its source isn't dependent on external factors. Loving is a state of being. It's a forgiving, nurturing, and supportive way of relating to the world. This is the level of true happiness.

Interesting facts from the book -

- The concept and theories behind these experiments were conducted over a 20 year period using a variety of Kinesiology tests and examinations.
- Kinesiology has an almost certain 100% accuracy reading every time. It will always reveal Yes, No, True, and False answers.
- Collective Consciousness: These experiments reveal that there is a higher power that connects everything and everyone.
- Everything calibrates at certain levels from weak to high including books, food, water, clothes, people, animals, buildings, cars, movies, sports, music etc
- 85% of the human race calibrates below the critical level of integrity at 200.
- The overall average level of human consciousness stands at 207.
- Human consciousness was dangling at below the 200 level (190) for many centuries before it suddenly rose up to its present level some time in the mid 1980s. Hence Nostradamus's end of the world predictions may have been avoided (he made his predictions at a time when human consciousness was at below the 200 level). For the world to stay at levels below 200 over a prolonged period of time would cause a great imbalance that would undoubtedly lead to the destruction of all humanity.
- The power of the few individuals at the top counterbalances the weakness of the masses.
- 1 individual at level 300 counterbalances 90,000 individuals below level 200
- 1 individual at level 500 counterbalances 750,000 individuals below level 200
- 1 individual at level 700 counterbalances 70 million individuals below level 200

In other words, as a co creator of the world, once you step out of the low vibratory level of fear and vibrate at the level of courage (and above), not only will you be transforming your own personal life into an incredible experience, you will also be helping to raise the consciousness of mankind, and will become a part in co-creating a less fearful world for everyone.

Ready to be the change you wish to see in the world...?

Chapter 4 - Transformation Tool #1

EFT (Emotional Freedom Techniques®)

Emotional Freedom Techniques® (EFT) is becoming increasingly well-known (and respected) in many fields related to alternative health and wellness. Not only is it proving to be extremely effective on an increasing array of afflictions (including fears and phobias) – it's so simple that even children can do it once they learn the basics.

EFT is often described as —a needle-free version of acupuncture because it clears energy blockages along the body's meridian pathways and proposes that most (if not all) illnesses are caused by unresolved emotional issues. Whether you believe this or not, it's hard to deny the effectiveness of EFT when you see it in action – often clearing long-standing mental, emotional and physical ailments within moments. Performing EFT involves very light tapping with two fingers on specific points on your body:

The “Karate Chop” point is on the outside edge of either hand, midway between the little finger and wrist – right about where you would hit if you gave a —karate chop. This point is tapped continuously while reciting a —Setup statement three times. This statement is designed to reverse something called —Psychological Reversal which is inner resistance to the tapping that will be done afterwards.

Besides the Karate Chop point, there are 7 main tapping points on the body:

- **eyebrow point:** On the inside edge of either eyebrow, directly on the bony ridge of the eye socket.
- **Side of Eye:** At the outside corner of either eye, also on the bony ridge of the eye socket.
- **Under Eye:** Directly beneath either eye, still on the bony ridge of the eye socket.
- **Under Nose:** Midway between the nose and upper lip.
- **Chin:** In the crease between the lower lip and chin.
- **Collarbone:** Slightly below and to either side of the U-shaped notch where the collarbones meet.
- **Under the Arm:** About four inches below the armpit, on the side of the torso (right about bra strap level for ladies).
- **Alternative points:** Some practitioners also tap on the top of the head, four of the fingers on either hand or other locations, but even sticking with the main ones described above works well for most people.

To perform a round of EFT to ease fear, you would start by lightly tapping on the Karate Chop point on the side of the hand continuously with two fingers while reciting the Setup statement three times: *“Even though I feel afraid right now, I deeply and completely love and accept myself.”* Being very specific about the details can often help you get even better results, so you may want to say, *“Even though I’m afraid I won’t get this promotion, I deeply and completely*

love and accept myself.”

Then you would start tapping lightly five to seven times on each of the main tapping points, starting at the Eyebrow point and working your way down your body. As you tap each point, tune into the fearful feelings and say one statement regarding the fear: *“This fear. This fear of failure. This fear of being disappointed. What if I don’t get this promotion? What if I’m stuck in a dead-end job forever? I feel so nervous. I don’t want to be afraid of this outcome anymore.”*

Once you have completed one round of tapping, you can keep going and tap through more rounds (if you still feel anxious), or you can switch to more positive, empowering statements and tap on those. Positive statements like these typically work well: *“I don’t have to feel nervous about this. I believe that it will all work out. I choose to feel confident about my success. I choose to believe that I’ll get this promotion. Or something even better will happen for me. All is well. I know that all is well.”*

As you tap on the negative statements while tuning into your feelings of fear, you will be clearing out blockages in your body’s energy field. Following up with positive statements has proven to be effective for many people because they help reinforce a positive outlook after clearing out the negative emotions.

The more consistently you do EFT, the better it seems to work. Some people start with a half-hearted round or two of tapping and conclude that it doesn’t work, but some issues can be stubborn and require numerous rounds of tapping – even over a period of days, weeks and months. The same will probably hold true for fear; if you are addressing very long-standing, intense fears, they may take some time to fully clear. Minor bouts of anxiety or nervousness should be easier to clear, often within minutes.

Reminder: Be as specific as possible about the issues you are tapping on. Rather than tapping for —I’m afraid, try including the reasons you are afraid, what you most fear happening, and why. This will help you to really connect with the limiting beliefs and strong emotions that are fueling the fear in the first place. Read [more about the power of EFT here](#).

Transformation Tool #2

Affirmations for Strength, Peace, and Confidence

Affirmations are similar to affirmative prayers, except you are not directing them to the universe, but simply reciting positive statements with the intention to shift your focus from fear to love, peace, joy, confidence, or any other empowering feeling.

For affirmations to be truly effective, they need to be repeated frequently throughout the day – or even better, on an ongoing basis for longer periods of time.

You can use affirmations written by other people or write your own. Writing your own affirmations is easier than you may think. Simply think about the feeling you want the affirmation to trigger within you and word the statement so that it is in present tense.

For example, if you feel anxious about an upcoming meeting, you might create an affirmation that states: *“I feel calm, confident and centered.”* Say this affirmation over and over until you really do start to feel calm, confident and centered.

One common problem with this approach: your subconscious mind may feel resistant and keep returning to the reasons why you are afraid. Consequently, you will engage in a sort of tug-of-war with your subconscious where you keep saying how calm and confident you feel, and your subconscious mind keeps replying, *“You are so full of it! You know you’re really scared!”*

If this does happen, you’ll be able to feel it because the affirmation will feel like a lie every time you recite it. If you persist in saying it anyway, you’ll probably feel progressively more anxious as you go along.

One effective solution is to turn your affirmation into a statement of conscious **choice**. Rather than saying, *“I feel calm, confident and centered,”* you might say, *“I **choose** to feel calm and centered right now.”*

This helps bypass your subconscious objections because you are not denying your fearful feelings; you are simply acknowledging that you **choose** to feel differently.

Another solution is to relieve the pressure you feel by focusing on a gradual process of transformation, rather than stating the affirmation as fact. Example: *“With every passing moment I am feeling calmer and more in control.”* Or, *“I am starting to feel a little calmer now.”*

If you find that you are still struggling to make affirmations work for you, there is still another option that can be effective when the others have failed. Try stating what you WANT, rather than worrying about what you don’t want.

For example, *“I want to go into that meeting feeling very self-assured, very centered and very resourceful. I want to know instinctively how to address the questions I will be asked, and I want to leave the meeting feeling like I made a strong positive impression.”*

As you say these words, try to tune into the **feelings** of what you are saying. Imagine feeling proud of yourself, confident in your abilities, and knowing that the meeting went well.

This technique should have a positive effect on your state of mind because you will have reinforced your vision of the outcome you want, rather than continuing to perpetuate the fear.

A great way to accelerate your success with affirmations is to take advantage of modern

technology...

Just released as part of the *Brave Heart System* is the special brainwave entrainment audio called The Fear Removal Machine.

This audio also contains an affirmation sequence that when heard while being guided into a deep meditative state, will assist in the re-programming of your non conscious mind to block unwanted thought and behavior patterns.

As you allow the special audio to work, you will be encouraging the ongoing acceptance new and positive ways of thinking, behaving and living.

Transformation Tool #3

Connecting with Pure Positive Energy

One of the most relaxing ways to dissolve fear and reconnect with your inner self is by spending time in the presence of pure positive energy: nature, children, or animals.

Natural settings like parks, forests, beaches, gardens, or even your own back yard are virtual treasure troves of positive energy.

Sitting quietly or strolling slowly as you gaze around at all of the beauty and abundance of nature can have a powerful restorative effect on your mind, body and spirit – and it takes very little time to really feel a difference!

Start by consciously letting go of scattered or fearful thoughts and attuning to the sights and sounds around you.

Breathe deeply, enjoy the feeling of sunshine warming your face and gentle breezes stirring your hair, and allow yourself a few minutes to fully relax.

Listen to the birds singing, watch small critters foraging for food, and within minutes you will feel your stress levels begin to drop spontaneously.

Even better, close your eyes and try to **feel** the positive energy flowing from your surroundings into every cell of your body. With every breath, imagine that you are inhaling positive energy, which then spreads throughout your entire body.

If you don't have any natural settings to enjoy near your home, you might buy an audio CD of natural sounds like bird calls, rainforest sounds, thunderstorms, babbling brooks, or wind chimes to enjoy whenever you like.

Just close your eyes and pretend you are there, soaking up positive energy.

Spending time with children is another great way to reconnect with positive energy, simply because they are so carefree and happy most of the time. They haven't yet learned how to limit their thinking and therefore have vibrant, active imaginations.

If you have children of your own, spend an hour or two building a blanket —tent in your living room and make believe you are camping in the wilderness. Or gather some art supplies and create something fun. Or take the kids to the park and run around to purge nervous energy from your system.

If you don't have children of your own, simply visit a nearby park and observe them on the playground for 30 minutes or so. Notice how enthusiastic, joyful and fun-loving they are, and feel those same qualities awakening within yourself.

Animals are also a great source of positive energy. Spend 30 minutes gently petting your cat or playing fetch with your dog, or you can take your dog outside for a brisk walk – and watch how quickly your tension dissolves. If you don't have pets of your own, you could offer to walk a neighbor's dog or volunteer at an animal shelter for a few hours a week.

However you choose to do it, basking in these simple sources of pure positive energy for just a few minutes a day can help minimize fear and boost your mood.

Transformation Tool #4

Staying in the Present Moment

One of the most challenging aspects of fear is that it can often twist your perspective so dramatically that you can't keep a balanced view of the situation that triggered your fear. Your fear response is usually deeply connected to your limiting beliefs, which creates a sort of —filter through which you will see most of your life experiences. This filter will assign meaning to everything that happens to you, even where no such meaning really exists.

Here's an example: Imagine that you recently applied for a promotion at work, and part of the application process involved writing and submitting a detailed report to your boss. Several days after you submitted your report, your boss approached you with a serious expression on his face and asked to speak privately with you at the end of the day.

What would your first reaction be? Would your boss's stern expression trigger feelings of fear and anxiety? Would you jump to the conclusion that he must not have liked your report? Or would you consider unrelated possibilities, like the boss may be deep in thought or concerned about an unrelated situation? Would you remain optimistic that your report was high quality and you still stand a great chance at getting the promotion?

Your underlying beliefs will make all the difference in whether you feel fear or confidence in this type of situation. If you have a strong belief that you are not —good enough (or the quality of your work is lacking somehow), you will naturally jump to negative conclusions. If you feel confident about yourself and your work, you will probably not feel worried.

When you feel that your beliefs may be creating fearful emotions as in the example above, there is a simple technique you can use to diffuse them and center yourself again. In the first moment when you notice your fear and anxiety beginning to rise, stop what you're doing and take a few minutes to tune into your bodily sensations. Notice that your shoulder muscles may start to feel tense, your breathing may become rapid and shallow, your heart rate may speed up, and so on.

Begin first tuning into these feelings, and acknowledging that they are happening. You can even say to yourself, *"I can feel my shoulders getting tight and tense. My hands are getting clammy. I'm really feeling nervous right now."*

Then, start deliberately calming these reactions by breathing slowly and deeply, relaxing your muscles and mentally staying in the present moment.

Resist the temptation to let your thoughts race ahead and worry about what may happen, what it might mean for you. All of those are merely perceptions – not necessarily what’s really happening.

Stay in the present moment for as long as it takes to feel calm again. If you simply avoid letting your thoughts race ahead to frightening scenarios your fear should fade easily.

Transformation Tool #5

Rewriting the Fear

You can also take the previous technique one step further by actually rewriting your fears into something much more positive. Remember that fear is your body’s natural response to what you **believe** is a threatening situation. On the other hand, if you can choose to believe that there is nothing to fear, your body will have no reason to react.

If you have tried to relax your body and mentally stay in the present moment but can’t seem to shake the feelings of fear and anxiety, you might try deliberately rewriting your experience so that it has a different outcome than the one you fear.

Continuing with the displeased boss example, you could change your belief about what his stern expression means. Rather than assuming it is related to you and leaping to negative conclusions about your promotion, you could say to yourself, *“He’s probably just stressed about a deadline or other problem. Maybe he just had an argument with someone. Maybe he doesn’t feel well today. Maybe . . .”* Keep going until you’ve explored as many alternatives as you can come up with.

Another approach is to kick it up a notch and turn your thoughts in a more empowering direction.

As soon as you notice that you’re starting to veer into negative thinking about your promotion, stop yourself immediately and engage in some empowering self-talk like this: *“I know he can’t be upset about my report because I put a lot of effort into it. I know I did a really good job! I’m proud of myself for that. I’m sure he’s just stressed or preoccupied about something else. No matter what happens regarding this promotion, I’m sure it will be wonderful.”*

Or you can strengthen your belief that you can handle any outcome at all: *“Even if he’s not*

pleased with my report, I feel like I gave it my best shot. Even if this promotion doesn't come through for me, something wonderful will still come my way soon I'm sure."

Finally, you can create a game in which you come up with the very best outcome you can imagine – no matter how outlandish it may be. *"He is probably so dazzled by my report that he's speechless! He's probably worried that I'll end up being promoted to HIS job! Maybe he realizes now that he can't afford to pay me the millions of dollars a year that I'm worth. No matter what happens, I choose to expect the very best!"*

Create the most outlandish, funny, or inspiring outcomes you can imagine, and in no time at all you'll feel the fear fading and your heart lifting (and maybe a few laughs bubbling up from inside too). The most important part of using these variations is to shake free from the illusion of fearful possibilities and remind yourself that fear is just an emotional response triggered by your own thoughts. Changing your thoughts will also change the emotional response.

Transformation Tool #6

Gradually Choosing Better Thoughts (Abraham-Hicks Technique)

In their bestselling books, Jerry and Esther Hicks offer a life-changing technique that is easy to use no matter your level of development. They encourage you to start from where you are right now and then deliberately choose a thought that makes you feel **just a little bit better**.

Let's use an example so you can see the technique in action. Imagine that you are in the midst of serious financial troubles. You lie awake at night wondering how you are going to pay your bills; your income is not enough to cover everything so you are falling further and further behind, and your anxiety and fear continue to grow.

When you're stuck in a situation like that, your dominant thoughts will probably be something like this: *"I don't know what I'm going to do. I feel so powerless. I feel so scared about my financial future. I need to come up with more money but I don't know how. Terrible things could happen if I don't get this situation straightened out fast!"* Obviously these kinds of thoughts are disempowering, which will only keep you feeling stuck.

Using the Abraham-Hicks technique would involve choosing a thought that makes you feel a bit better than those other thoughts do. A good thought might be: *"I want to believe that everything will work out eventually."*

Keep repeating that thought for several minutes, and you will find that you do begin to feel a bit

more hopeful and less frightened. Then you would choose another thought that makes you feel even better, like this one: *“I have made it through tough times before, so I’m sure I can do it now too.”* Once again, stay with this thought for several minutes until you notice that you’re starting to feel stronger. Then choose still another thought that makes you feel even better: *“I do believe that things are going to work out for me, even if it takes a little more time.”* Keep going like this until your fear has been completely replaced by optimism, hope and courage.

This method usually works extremely well because you’re not trying to force yourself to leap straight from negative thoughts to positive thoughts, but rather taking a more gradual approach.

This can help you avoid feeling like you’re lying to yourself, like we covered in the section on Affirmations. Just take your time and transition very gradually. The best part about this technique is that consistent practice will give you more control over your thoughts than you would believe possible – dramatically boosting your confidence and sense of control.

Having difficulty reaching for that next better feeling thought? Modern mystic Joel Bruce Wallach teaches a revolutionary technique for tuning into, and gently raising your vibrational state.

By simply tracing a self created ruler with your finger anyone can learn to rise above the fear sensation.

Reader Contribution:

The technique you do is by having a conversation with yourself starting right where you are now emotionally, be that anger, fear, etc. on whatever subject you may be dealing with. The point is not to try and solve the problem or conquer the world in a single moment. Just start at whatever feeling is in that moment pouring through your body. Give it a little expression; understand there is value in the emotion you are feeling no matter what that emotion may be.

Then try to find in your line of thinking any thought that feels a little bit better. Don’t worry if there are moments that you fall back to the old habit of worrying. Just start with the process each time something comes up and keep trying to turn your thought to something better. I had doubts at first that doing it would actually do anything. It just seemed I was venting and saying phony words. After a few days of doing this during one of my conversations, I cut loose with sarcasm about what I was doing and chuckled. It was in that moment I understood that I had improved how I felt. The way I had just previously felt was dark and nasty.

I know that doesn’t sound like a success of any sort but the ability to find sarcasm instead of the depression creates a lighter load so to speak. Something that small immediately creates an improved condition from the one before. You do need to continue doing this each time you start to feel any kind of upsetting feelings. I just kept doing this, even if the relief was just barely above venting.

Eventually each emotion will give way to a different one and if you are always trying to make the conversation go in a set tone of a better thought than the ones that were proceeding; your emotional level rises up the scale.

A piece of advice my previous failed attempts were due to my trying to go from a feeling of fear to that of security in an instant. It was impossible no matter how much I wanted it and knew it existed for me. I had been caught up in the emotions of what was going on. There was a slow start for me but it picked up quickly the more I found myself using it and finding better thoughts. - Kim

Transformation Tool #7

Energy Medicine Techniques

Entrain your mind and body to refuse entry to today's viruses – Boost Immune System

Weak internal systems can become prey for strong viruses. On top of that fear of the viruses themselves compromises your immune system. So what can you do?

When you entrain with the natural vibrations of energy healing, you can feel yourself relax into alpha and even theta states of consciousness. Enhanced by this deeply relaxed and receptive state, your immune system becomes strengthened through two powerful energy healing methods.

Based on the principle that everything is energy and that our energy is affected by everything that we come into contact with, Krystalya Marie' has developed an entirely new method of healing the body and transforming negative emotions through the use of energy symbols.

The healing symbols to energetically support and build your immune system, by creating a smooth flow of energy that will strengthen, build, repair and replace weakened mental and physical energy.

They are so easy to use you can build your immune system while:

- Jogging
- Going for a walk
- Falling asleep or
- Sitting on the plane

At the first sign of cold or flu, I pull out the symbols and sound medicine. I have friends who were sick for weeks, while I healed within a matter of days. Since I have been using this set during flu season, I don't get sick any more. -Ariann Thomas, Sedona, AZ

It is often said that vibrational or energy medicine will become more important in the 21st century, and this is but one way that you can access a more loving, peaceful vibration or energy that will help you to recognize and gracefully release your fears - both conscious and unconscious.

Author and energy healer Donna Eden also has some powerful methods for transforming fear or other forms of negative energy. These methods often include techniques like running cool water over the pulse points on your wrists and the back of your neck; and changing your posture by reaching your arms up to the sky and smiling. [Donna describes her methods in more detail](#), including movement, pressure point massage and breath work.

Transformation Tool #8

What's the Worst Thing that Could Happen? (Dale Carnegie Technique)

Fear often gets out of control because you worry about terrible consequences that may result, when those consequences may not be as bad as you think initially. For example, you may find yourself in the grip of an anxiety attack when you think about doing something new, such as speaking in front of a group of people.

Writer and lecturer Dale Carnegie taught a powerful method to deal with these types of fears: Ask yourself, —What is the worst thing that could happen?‖ Using the public speaking example, you might answer, *“I could make a fool of myself; the audience would laugh at me; I’d be so embarrassed and ashamed.”*

Although these consequences wouldn’t be fun to experience, you could certainly handle them if they did occur, right? Accept the worst possible consequences you think could happen, and then decide to move forward anyway.

This technique can be incredibly empowering because you reduce the size and magnitude of your fear by realizing that you can handle the things you would otherwise shy away from.

Transformation Tool #9

Connecting with Your Source Through Prayer

Prayer can be one of the fastest and easiest ways to soothe fearful thoughts and feelings, simply because the act of praying occupies your mind so completely that you can’t be focused on fearful thoughts at the same time.

There are several types of prayer that can ease fearful thoughts:

Petitioning Prayer

This is the type of prayer that most people are probably familiar with, which includes asking the universe for a specific outcome.

Examples: *“Please heal this disease; please protect my son today; please help us to pay our bills*

more easily . . .” and so on.

When it comes to fear, this type of prayer is most helpful if you deliberately turn over your concerns to a higher power and believe that they will be taken care of.

For example: *“I don’t know what to do about this situation and I’m really scared; I am turning it over to you to be transformed and healed. Thank you, Amen.”*

Then concentrate on letting go and allowing the higher power to handle it for you. If fearful thoughts threaten to take over your mind again, simply repeat the process of turning the situation over and letting go.

Affirmative Prayer

Affirmative prayer is one of the more empowering types of prayer because you are affirming to the universe your belief that all will be well, instead of —asking for it to be so.

For example, instead of —asking the universe to handle something for you, you would instead affirm that you KNOW that it will turn out in the most positive way possible:

“Even though this situation frightens me, I know that you are taking care of it and I know that it’s all going to work out fine. Thank you.”

Gratitude Prayer

Prayers of gratitude can be immensely comforting simply because they boost your emotional state and make you feel very happy, which makes it nearly impossible for fear to remain in your consciousness.

Gratitude prayers are simple: either write or state aloud all of the wonderful things in your life that you are grateful for, and give heartfelt thanks for them. Just a few minutes of this activity can dissolve fear and leave you feeling confident and inspired.

Silent Communion

Believe it or not, you don’t have to speak or write a single word in order to connect with your source.

Instead, you can simply close your eyes, breathe deeply and imagine that a cord of brilliant white light travels from the universe through the top of your head and down into your heart center. Imagine this light slowly filling your entire being, dissolving all fearful feelings and filling you with joy and peace.

This form of prayer could accurately be called meditation or visualization – except you would be deliberately focused on feeling your connection to the universe.

Ultimately it does not matter which type of prayer you use, as long as you are using it to help shift your focus away from fear and toward more peaceful thoughts.

Transformation Tool #10

Purging Fear with Automatic Writing

Automatic writing is the process of writing without conscious planning or thinking – in other words, simply pouring out the words onto paper without censoring yourself, editing, or directing the flow of thoughts in any deliberate way. This is a powerful method for working through fear-based thoughts because it enables you to bypass your conscious mind and connect with stronger, subconscious thoughts that could be triggering your fear. Even better, the technique is very easy to do; simply put pen to paper and let anything at all pour out onto the page. Write and write until you feel like you have nothing left.

Not sure where to start? Try an open-ended statement like one of these:

- *“I feel scared right now because . . .”*
- *“I don’t know what to do about . . .”*
- *“I feel powerless about . . .”*

By the time you’re done writing, you should feel lighter and more peaceful, like a burden has been lifted off of your shoulders.

Transformation Tool #11

Meditate to Release Fear

Meditation is a practice of consciously focusing your attention for a period of time. While there are many keys to effective meditation, the essence of the practice is learning to focus your attention as you choose.

How does this relate to fear? You may have heard it said that every moment in life offers you a choice: you can come from —love‖ or —fear.‖ There are many ways of stating the contrasting choice that each moment offers, but the basic idea is the same: you can live from a positive life-affirming place or in a mode of negativity and protection.

Choice is a skill. It means that you can see alternatives and focus on one versus the other. In other words, you can consciously focus your attention according to how you choose to be. This is where meditation comes in. Meditation trains your awareness and your skills of attention. For example, one way to meditate is to focus on your breathing. You keep your attention centered in your breathe. You find a comfortable, upright, seated position in a quiet, private space, relax your body, and focus on following the natural rhythm of inhaling and exhaling.

The skill comes in when something enters your mind that is other than paying attention to your breathing, say a thought about other things you have to do, a memory, or some feeling or sensation in your body. In meditation, you deal with your wandering thought, feeling, or sensation in three steps:

1. You recognize the thought, feeling, or sensation that is other than your point of focus (in this case your breathing). You become aware that your attention has wandered. You accept whatever has grabbed your attention. You welcome it into your awareness.
2. You gently release the thought, feeling, or sensation that has grabbed your attention. You are aware of it, but you let it go, without giving it any more time, energy, or attention.
3. You return to your meditative focus (again, in this case, your breathing).

As many times as your mind wanders to other thoughts, feelings, or sensations, you repeat these three steps. I call these steps the 3Rs: recognize, release, and return.

The more you meditate, the better you become at maintaining your focus and the easier it becomes to let go of anything that pulls you away from your focus. This is a skill that you can apply to anything that you do in life.

First, recognize your fear, honor it, and welcome it into your awareness. Fear has its greatest power when it lurks in your subconscious. Become aware of your fear and accept it. Don't be afraid of it. Observe it without reacting to it. This begins to take the emotional edge off of it.

Second, consciously release your fear. Make a decision that you will not give it any more time, energy, or attention.

Third, return to focusing on your conscious intent to build an intimate relationship. Focus on the feeling of open, honest communication that you desire and bring that into the moment. Be that. Act in that way.

As many times as fear resurfaces, go through the 3Rs.

Most people find that progress in meditation, as well as progress in keeping focus in life, follows stages over time. As you practice consistently, you may find that, at first, you become more aware of your thoughts and feelings than ever before. You may not have been so aware of your fears until you started to pay attention to your inner life. It's O.K. That's natural.

Second, you will begin to relate to your thoughts, feelings, and fears differently. You'll see that they come and go. You'll learn that as you become aware of them and accept them, they begin to lose their grip on your attention. You'll be able to release them more and more easily over time.

Finally, you'll be able to center yourself in your chosen point of focus, whether it's in deepening a meditative experience or any other experience that you desire in life.

Whatever you focus on increases. Therefore, your ability to consciously focus your attention is the most essential skill you can master. Meditation is the best way that I know to gain this skill.

Transformation Tool #12

Seeking an Objective Opinion

Fearful thoughts and feelings can also be purged by talking them out with someone you trust. Have you ever noticed how much better you feel after a heartfelt talk with a close friend or family member?

As you talk about your struggles, you process the underlying emotions that come along with them and feel cleansed by the time you're done – like you have purged all of the negativity from your system.

However, it's important to pick your conversation partner carefully. Avoid confiding in people that are overly negative, closed-minded, or judgmental. Instead, try to pick someone who has a lot of life experience, who is generally successful and well-balanced in their own life, and would be supportive and encouraging in their approach to your problem.

Not only will you feel better after hashing out all the details of your struggles with this person, they may be able to provide solid objective insights that you may have missed because you were too emotionally involved in the situation.

Transformation Tool #13

Destroying Fear Symbolically

If you don't have a supportive person to confide in, there is another way to purge your fears and destroy them for good through strong symbolic action.

Take a clean sheet of paper and write out everything that is bothering you. Focus not only on the physical situations that worry you, but also the way they make you feel. Use strong language to express these feelings and don't hold back!

Example: *“These financial problems make me feel so helpless. I feel like a victim because I can't figure out a way to resolve these money problems, and that makes me so angry! I don't deserve this! I'm not going to accept this situation any longer!”* Really tune into your fear, anger, despair, sadness, or any other emotion you are feeling at the time, and imagine pouring all of it out onto that sheet of paper.

When you feel like you have fully purged the negativity from your system, take that sheet of paper and destroy it as forcefully as you can. Rip it into tiny pieces, shred it, burn it, flush it down the toilet, or dump it into the trash can.

As you perform these actions, affirm that the fear is now gone – you have let it go and it cannot come back to haunt you again. (Don't worry if it actually does come back; simply repeat the process as many times as necessary.)

Transformation Tool #14

Clearing Negativity with Ho'oponopono

Another effective way of clearing negativity is by seeking Divine intervention. One method growing in popularity is called Ho'oponopono – which in Hawaiian means —to make right or cleansell.

Ho'oponopono is an ancient practice that has recently been brought back into public awareness through the work of Dr. Ihaleakala Hew Len and Dr. Joe Vitale and their book *Zero Limits*.

The basic premise for Ho'oponopono is that we must take full responsibility for everything that happens in our lives. This can be a hard pill to swallow for many of us because we don't create problems and struggles on purpose – but our subconscious thoughts are often quietly working in the background to attract things we don't want into our lives.

Dr. Hew Len suggests that our minds can only be influenced by two things: memories or inspiration. —Memories are subconscious thoughts and old programs that continually replay in our minds, causing pain, frustration and problems. —Inspiration comes when we erase those old memories and reconnect with our source (Divinity).

Ho'oponopono is used to erase those memories and reconnect with Divinity. Not only is it a very easy process to use, it can often have far-reaching positive effects in your life.

Ho'oponopono involves the recitation of four simple phrases as you focus on your problems:

- *I'm sorry*
- *Please forgive me*
- *Thank you*
- *I love you*

As you say these words repeatedly while focusing on the issues that are causing you to feel fear or pain, you are in essence saying to the Divine, *“I take full responsibility for the appearance of these problems in my life, even if I don't know how I created them. Please clear these memories and make this situation right again. Thank you. I love you.”*

Does that sound too simple? Too good to be true? Try it yourself and you'll probably discover what many people do: it works!

Transformation Tool #15

The Sedona Method®

The [Sedona Method® is a simple process](#) that allows you to let go of painful or troublesome emotions, which involves one or more of three possible approaches:

1) Making a conscious choice to let go of the feeling.

Most of the time we are so entangled in our emotional responses that we don't realize we have the option to let go and detach from them, but this is one of the key techniques taught in The Sedona Method®. Here's an example of how to use this technique: When you notice that you feel overwhelmed by fear, pause in that moment and choose to detach from the feeling. This is very much like taking an emotional —step back. The fear is still there, but you are no longer wrapped up in it. You simply dropped your attachment to it, just like you would stop holding onto a physical object like a pen, and allow it to fall out of your hand.

2) **Allowing and accepting the feeling rather than resisting it.** repressing them, or running away from them, but unfortunately they keep coming back until we deal with them. Here's how to allow and accept fearful feelings: When you feel fear (or any unsettling emotion) taking over your body, stop what you're doing in that moment and simply allow the feelings to flow over you. Don't try to resist them or transform them, just accept them.

You should notice that most often, they will ebb and flow like the tides, sometimes getting stronger and other times fading away.

The greatest benefit of this exercise is realizing that fearful feelings cannot hurt you. They may be uncomfortable, but they're just feelings – sensations triggered by your thoughts.

3) Embracing the essence of the feeling.

Most of us are so used to running away from painful emotions that the thought of embracing them seems frightening – but this technique can strengthen your confidence in amazing ways. How to do it: Immerse yourself in the sensations and explore them fully. Notice how your body feels as you entertain various thoughts. Notice how your emotional response escalates as the fear flows over you. Embrace these feelings and learn from them, and they will diminish in intensity more quickly than they would if you were trying to avoid them.

Transformation Tool #16

Releasing Charged Emotions Through Grounding

Grounding is known in metaphysical circles as a process of connecting your consciousness to the earth and releasing excess energy from your body through physical actions. Since emotions are energy also, the process works very well in releasing fear, anxiety and anger.

There are many different ways to ground yourself but a few of the most common are as follows:

“Root” yourself to the earth.

Go outside and plant both of your feet firmly on the ground (barefoot is best, but it will work even with shoes on) and imagine that the soles of your feet are sprouting roots that travel down deep into the earth. Breathe deeply and with each exhale imagine that your fear is flowing down through your feet and into the earth. As you inhale, imagine that you are drawing up healing, restorative energy from the earth into your body.

Even if you cannot go outside, you can still do this exercise indoors – simply imagine that the roots from your feet travel down through the building and into the ground beneath it.

Wash away the excess energy.

Taking a shower or bath also seems to help discharge excess emotional energy from the body. Hot, warm, or cold water will work equally well. As you bathe, scrub your hair and body vigorously and imagine that you are sloughing off the fear, anxiety and worry that may be clinging to you. When you rinse, see these particles of energy being washed away down the drain, leaving you feeling refreshed and renewed.

Transformation Tool #17

Expelling Fear Through Breath Work

Breathing is another great way to expel fearful feelings. When we get frightened our breathing automatically gets rapid and shallow, reducing our oxygen intake and making us feel smothered.

To counteract this, spend several minutes breathing slowly and deeply. Focus on expanding your lungs fully from the bottom (feel your abdomen expand first) to the top (feel your chest expanding second). Pause for a moment or two, then exhale slowly, allowing your lungs to deflate. Pause again before inhaling, and repeat as many times as you like.

You can even enhance this breath work by imagining that you are inhaling cleansing white light, feeling it spread through your body, and then exhaling a cloud of dark gray or black energy, which symbolizes your fearful feelings. With every exhalation, see the dark energy growing lighter and lighter as it is expelled from your body, until eventually you are inhaling and exhaling pure, sparkling white light.

Transformation Tool #18

Sound Therapy

Sound therapy is a powerful way to transform fear into joy, peace and inspiration. Below are a few of the most common types of sound therapy:

Sound Medicine

Sound is a particularly powerful vibrational healing tool because creation itself began with sound. Every pitch had its own unique geometric pattern and every geometric pattern has a sound. In her work with Sound Medicine, Misa Hopkins has learned that we are all capable of hearing and vocally producing the very sounds that call our cells back into their proper geometric vibration.

Sound medicine reaches beyond language into geometric and emotional imprints that have been a part of your soul since your inception. Healing sounds honor the feelings and beliefs that currently exist. Finally heard and recognized at the most profound levels, your cells figuratively breathe a sigh of relief as you transform emotionally and physically.

Change the core belief and change the pattern, and you can change the discomfort you are experiencing.

Music

Music has long been believed to have a positive effect on our minds and bodies because it stimulates positive emotions and raises our vibration. Choose music that includes uplifting tones like those from guitar, piano, flute, or harp. Explore different types of music to find those that work best for you – as long as listening to it makes you feel good you're on the right track.

The Six Solfeggio Frequencies

These original sound frequencies were apparently used in Ancient Gregorian Chants, such as the great hymn to St. John the Baptist, along with others that church authorities say were lost centuries ago. The chants and their special tones were believed to impart tremendous spiritual blessings when sung in harmony during religious masses.

These powerful frequencies were rediscovered by Dr. Joseph Puleo as described in the book Healing Codes for the Biological Apocalypse by Dr. Leonard Horowitz. I give honor to both of these gentlemen for the part they've played in helping return these lost frequencies back to humanity.

The Six Solfeggio Frequencies include:

- UT 396 Hz Liberating Guilt and Fear
- RE 417 Hz Undoing Situations and Facilitating Change
- MI 528 Hz Transformation and Miracles (DNA Repair)
- FA 639 Hz Connecting/Relationships
- SOL 741 Hz Awakening Intuition
- LA 852 Hz Returning to Spiritual Order

For example, the third note, frequency 528, relates to the note MI on the scale and derives from the phrase —MI-ra gestoruml in Latin meaning —miracle.l Stunningly, this is the exact frequency used by genetic biochemists to repair broken DNA the genetic blueprint upon which life is based!

Brain Wave Entrainment

Brain wave entrainment is growing in popularity because of its effectiveness in triggering your brain waves to adopt a new pattern. —Binaural beatsl is one of the more common audio programs available, and it works by introducing two different tones that are close in frequency, one into each ear. As your brain perceives these tones, it creates a —pulsel that triggers a different brain wave frequency. For example, when you are feeling stressed or frightened your brain is in the beta state which is related to waking consciousness. If you were to listen to an audio program that would stimulate the alpha or theta states, you would soon find yourself feeling calmer and quieter - the fear dissipates because your brain shifts to a new frequency.

The best thing about these audio programs is that they can affect impressive changes in very little time. And the more you listen, the easier and more quickly your brain will become accustomed to slipping into that alternate state.

Chanting

Chanting a mantra (short word or phrase) can have the same effect on your brain waves as binaural beats. Simply choose an easy word or phrase to recite, like —peacel or —all is welll and sit quietly, close your eyes, and say it over and over again out loud. As you do this, you set aside fearful thoughts and move into a meditative state (alpha state), which shifts your brain waves to a more relaxed frequency and calms you down.

Transformation Tool #19

Feed Your Mind with Inspiration and Wisdom

Have you ever noticed that your thoughts tend to —snowball the more you focus in a particular direction? The more you focus on things that make you feel frightened, the more those fearful feelings will continue to grow.

On the other hand, if you can distract yourself from those fearful thoughts – even for a few minutes – you will notice that you automatically start focusing in a more positive direction. Even better, this snowball effect can last for hours, long after you have stopped deliberately focusing on positive thoughts.

For this reason, deliberately feeding your mind with positive material from books and films can have a powerful calming effect on fear. Some of the best sources of inspiration and wisdom are works of inspiring literature, empowering non-fiction books, and films that deliver messages about courage, strength, and joy.

Not only can you absorb positive thoughts by reading the books and watching the films, you can take it a step further and jot down a few insights about them in a blank journal and explore how they might apply in your own life.

Transformation Tool #20

Turning Fear into Gratitude

Gratitude is a fantastic way to not only ease turbulent emotions like fear, but it can actually help you to better appreciate your life as it is right now (problems and all), as well as continuously keep attracting better experiences. There are endless ways to use gratitude, but here are a few that should be useful relating to fear:

Focus on something you appreciate.

When locked into a fearful state of mind, you automatically focus on the bad things that are either happening now or could happen in the near future. As we covered in an earlier

section of this guide, those fearful thoughts have a way of snowballing out of control in no time at all.

You can reverse this process by instead focusing on something you can feel genuine appreciation for. This might be a cherished figurine your mother gave you, a favorite chair in your living room, or a love letter from your spouse. Spend a few minutes looking at this object, and feel grateful that you have it. Think about the reasons why you like it (or love it) so much, and let those happy feelings flow through you for several minutes.

If there are no objects you can appreciate nearby, try taking a slow walk outside and appreciate the trees, flowers, animals and people you see. Focus on something positive about them, and soon you will find other positive qualities coming to your attention.

Focus on someone you love.

You can also do this with people (or pets) that you care for. Simply call them to mind and think about how much you love them, how much you love spending time with them, and the many ways they add joy and happiness to your life. The person or animal does not have to be living either – you can look at old photos of your grandparents, your first pet, or childhood friends and relive happy memories you shared with them.

Focus on the positive side of your problems.

Gratitude can also be a powerful pathway to seeing your problems and challenges in a new light. Rather than focusing on the bad aspects and feeling fearful about them, shift your focus and try to find one or more positive aspects. For example, a frightening diagnosis may seem overwhelmingly bad – but you could affirm the fact that you are being given a new chance to take better care of your body; or that overcoming the illness will help you and your loved ones to become stronger and closer. Give thanks for the lessons and opportunities that are always hidden in every challenge.

Diffusing Fear Through Journaling

We've explored various types of writing that will help you to transform your fear, but there is yet another one: journaling. You may be familiar with the concept of keeping a —diary, but journaling is slightly different.

A diary is often used to record your life events, but a journal is more about your feelings regarding those events – especially the —negative feelings like fear, anger, grief, and so on.

There are many different ways to journal, and we will explore some of them below. However, as with most of the techniques we have covered, there is plenty of room to personalize it to suit your own preferences. Let your creativity lead you as you explore this powerful process.

Releasing the past.

One of the most transformative methods of journaling is to explore the past events and experiences that left you feeling powerless or frightened – and may still be affecting your life today.

For example, an incident of childhood sexual abuse may have created a strong fear response that flares up whenever you attempt to form an intimate relationship as an adult. Exploring the pain, guilt, shame, and anger relating to the sexual abuse can help greatly in purging those old emotions and finally starting the healing process.

How to do it:

Simply grab your journal and a pen and start writing your thoughts about the experience(s), how they made you feel when they happened, and how they still affect you now.

If the experiences involved another person (like an abuser), you can write letters directly to them to voice your feelings, or you can simply write as if you were telling a story.

The most difficult part of this process is that the old pain and fear you felt years ago can suddenly rise to the surface and threaten to overwhelm you again.

If this happens, try one or more of the techniques we covered previously to regain control. However, the point is not to avoid feeling your feelings – but to process and purge them in healthy, constructive ways.

Exploring a scary possibility.

You can also journal to process fear regarding upcoming events or experiences. Similar to the automatic writing exercise, simply pour out your thoughts and fears about something that has you worried. You can also combine this exercise with Dale Carnegie's method and ask yourself, —What is the worst thing that could happen?‖ Then put your answers in writing. For every answer, come up with a response that would help you to better handle such an outcome.

For example, if you were feeling tense about an upcoming visit to your doctor because he might give you a dire prognosis you could write, *“I'm afraid that the doctor will tell me that there is nothing he can do to help me. I fear the thought of living with this illness forever – or even losing my life to it.”*

Then focus on possible ways to cope with such a prognosis:

“Medical technology has come such a long way, there are probably at least a few treatments I could explore. Even if conventional medicine couldn't help, there are alternative treatments that may work, not to mention my own determination to get well. I can handle any outcome to this visit and I'm going to hold strong to my faith and trust that all will be well.”

Exploring inner blockages.

Another great application for journaling is exploring the inner blockages to living the life of your dreams. Start by writing a brief description or bulleted list of the type of life you wish you could have. For example:

- *I would like to earn \$150,000 per year.*
- *I would love to own my own home.*
- *I would love to find my soul mate.*
- *I would love to travel once or twice a year.*
- *I would love to start a family within the next few years.*

Then examine each of these aspirations closely and ask yourself what may be holding you back from achieving them. Devote one or more pages to each item and write about the inner and outer factors that stand between you and the things you want.

Examples:

- *I don't believe I can earn such a big salary because I don't feel talented enough to reach that level of success. Even if I did, it would probably be hard to maintain. I'd probably*

have to work long hours and sacrifice my social life, which I'm not willing to do.

- *I would love to own my own home, but my credit isn't great so it's probably not possible for me at this time. Even if I could improve my credit score, I already have substantial debt that I would need to pay down to handle a mortgage payment.*

As you explore the blockages your writing reveals, you should notice something very interesting: most often your blockages are nothing more than limiting beliefs!

For example, the salary situation described above. Is it really true that anyone who earns \$150,000 or more yearly has no social life and works extra hard? Of course not. That is a limiting belief (and a common one, at that) and can be changed.

Becoming aware of these limiting beliefs is just the first step in the process; then you need to focus on transforming them into more empowering beliefs, which can be done with the use of affirmations, visualization and other tools.

Transformation Tool #22

Subconscious Programming For Automatic Fear Removal

A) Conditioned Responses

When I accompanied my dog, Kolby, to training classes the first thing we were taught was to associate a clicker with a treat. I would press my thumb on the clicker, it would create a clicking sound, and I would give Kolby a piece of turkey.

It wasn't long before the sound of the clicker got his attention.

Then I learned to practice saying his name, hitting the clicker, and giving the treat. Within minutes he learned to associate hearing his name with something good. After that it was only a matter practice before we had him doing any number of things.

If you have a dog at home and you spend some time watching you will notice that much of his day to day activity is a result of these —Conditioned Responses— whether programmed into him purposely or not.

Pick up the leash and watch the happy dance, head towards the food bag and see him salivate. And give him —the look and watch his eyes go down as he recognizes, by your action, that he has done something wrong.

Dogs aren't the only ones who react to the world using a series of Conditioned Responses. Though mostly by accident and for the most part unconscious, the way we humans react to the world around us is dictated in a large part by a series of Conditioned Responses we have been learning since early childhood.

The love and warmth you feel inside when you smell cookies baking is a result of what you learned in Grandma's kitchen. The tightness in your gut and shoulders before watching your team's football match – learned from your coach or your father as a child.

Conditioned responses are instilled either gently, with repetition over time, or as a result of one traumatic experience. And the traumatic experience doesn't necessarily have to be real. Sometimes a really scary movie can instill a fear of the dark in someone just as being attacked one time as you walk down a dark street can.

The great news is that once you have a general understanding of the Conditioned Response it becomes possible to consciously condition new ones. And you can condition these responses with a trigger that you can set off whenever you want to elicit the response.

With the dog we used the clicker as a trigger. Every time he hears the clicker he becomes focused and pleased with himself. After a short time just hearing the clicker makes him a happy dog, even if he doesn't receive the turkey, his body responds as if it has.

For us humans I suppose we can use a clicker as a trigger if we want, but it's not necessary. A certain touch would work, as would a word or even a smell. Whatever it is, it shouldn't be something that you experience often (in the *Brave Heart* program we use a specific finger placement along with a pleasant self created sound).

Once the trigger is chosen, you can then program it to set off a specific response. Let's say you want to feel confident on command (useful as you head into that job interview). For this example you want the trigger to be something casual that you can set off in front of others, so it becomes your thumb pressing briefly into the inside of your elbow.

Then, whenever you are feeling confident, you press down on the trigger point. This essentially programs the feeling of confidence into the action of the trigger. Once programmed it then just becomes a matter of setting it off whenever you are looking to feel more confident.

B) Hypnosis

Hypnotherapy is an application of hypnosis for therapeutic benefits. It can be used in areas such as medicine, sport, and for development of a person's well-being. It is no surprise to discover the diversity of problems from which people suffer. Two people with the same problem can easily have different reasons for creating that problem, and different motivations for giving it up. We've found that by far the best approach is to treat everyone as individuals.

The reason we say that people "create" their problem is because the only world that really exists, is the one we create within our own minds. However, since we are creatures of habit, and regularly hard wire our nervous system to perform specific acts, emotions and behaviors, it becomes easier to understand how people believe that the problem is not only outside of them, but outside of their control. When Patients come for a hypnotherapy consultation, it is always helpful to explain to them the way in which the brain takes in, filters and represents information to consistently produce specific states. An underpinning knowledge of the NLP communication model is particularly helpful for explaining this process within the mind.

Hypnosis enables your mind to focus concentration, producing a state of deep relaxation. Throughout this process, your mind is more open to suggestion, allowing you to make changes in your perception and behavior, for the benefit of your health. Using your imagination is a mild form of self-hypnosis. This tells us that trance is a perfectly natural and normal phenomenon. During hypnotherapy the trance is aided by your focus on the hypnotherapist's voice. When you focus in this way you are able to ignore, if you want to, the great deal of other distractions that may be around you. Whilst in hypnosis you are neither fully awake nor fully asleep. However deeply you may go into hypnosis, you will remain in control of the situation and will continue to receive important sensory data.

Metaphor for ignoring phobias

There once was a keen gardener who tended to a beautiful rose garden not too far from here. He grew the most beautiful romantic roses you could ever imagine. Every color of the rainbow, strong with petals as soft as luxury velvet and a strong, sweet perfumed aroma that would overwhelm you as you walked past the garden.

The roses were precious, like memories, they had been planted for significant times or events, each one had a different story, some happy, some sad, some for those he had loved, some for those he had lost. And he came to the garden, every day to take care of these memories which gave him a sense of peace and love, as well as being the one place in the world where he could come to relax and escape from the challenging and demanding world.

One day, the diligent gardener was trimming the dead flower from one of his most beautifully colored rose bushes, you know the color I mean, and as he did so, a thorn broke from the plant and entered his thumb, the man swore and cursed and although the wound was bleeding he was unable to remove the thorn from inside his thumb. He went home that night and bathed his

thumb in warm water and bicarbonate of soda, but still the thorn would not budge.

Eventually his wife told him to leave it. She said —your body is an intelligent organism. It will always expel the things it no longer requires and you do not need to worry about it doing that. Just relax and let it do its job. It has been doing this so many years that I'm sure it has a better idea about what to do than you do.¶ So the gardener went to bed that night with the thorn from the rose still lodged in his thumb.

In the morning when the gardener had awoke, for a few moments he had forgotten about his thumb, then, when he checked it, he found that the thorn was no longer there, his body had expelled it - and with good reason and it was resting, clean in the corner of his bed.

Well you would think that to be the end of the story but in fact it is not, the gardener went back to work that morning to continue tending to the gardens as normal. Except he found himself to be extremely cautious of the thorns, which for so long had not been a bother to him. He was so anxious in fact that not only was he seeing thorns all over the place, he began to count them and certain that he could no longer abide them he removed them all.

He worked so frenziedly, he didn't notice the sun shining, or the beautiful smell of the flowers or the colors or even when the sky clouded and began to rain. That night he went home shattered and exhausted but certain that he had removed all the thorns from each plant.

When his wife looked at him she enquired as to what the matter was and when he told her she simply said —this obsession will not do your health any good.¶

The next day (which I think was a Thursday), the gardener returned to work, horrified to discover that every rose bush and plant had begun to re-grow its thorns. At a loss, the gardener made a conscious decision to ignore the thorns. He said to himself —Don't look at the thorns, don't touch the thorns, I will not get cut or scratched by these thorns.¶

Yet despite his thoughts and efforts the gardener became even more cut and scratched than he had ever been in all of his working life. As he sat down in despair looking down at his hands and how bad they appeared to look, a magician who had been watching the gardener for sometime came to offer some advice.

The gardener told the magician all about the thorns and how he just couldn't seem to get rid of the problem because the thorns kept on growing and how when he'd said to himself in his head —Don't look at the thorns, don't touch the thorns, I will not get cut or scratched by the thorns,¶ that he had become more cut and scratched than ever before.

So the magician explained that in life you get more of what you focus on and the gardener said - —I wasn't focusing on the thorns, I was telling myself not to!¶ So the magician explained —Don't look at the thorns¶ presupposed that there are thorns and that you can see them and touch them. I will not get cut or scratched by the thorns' presupposed that not only are there thorns, but they have the ability to cut and scratch you.¶

—So what is the solution? The solution is to focus on what you do want more of - have you noticed the scent of the flowers today, or the new bud over there – just opening, or the cool breeze, or the sound of the children playing? The gardener had not noticed any of these things.

He said —No, I've been too busy thinking about - And at that point the magician cast a spell. He didn't magic away all of the thorns, he didn't make them invisible either the problem was still there, a natural problem, there for a good reason. What the magician did was quite simply to make the gardener focus only on the most beautiful elements of the roses, the smells, the colors, the feel of the velvety petals.

And what happened is the focus became the reality and the problems that were no longer focused on, were no longer there. So although the gardener couldn't make the thorns go away, he learned not to focus on them and focus instead on all of the good and wonderful things. His beliefs became his reality so now there is no pain and only love and roses.

Hopefully as we have explored these great tools for transforming fear, you have realized that you truly have nothing to fear but fear itself.

Even though it does tend to blossom when no real threat exists, you can learn to manage it easily by working with the techniques we have shared with you today.

Thank you once again to all the Evolution Readers who helped make this ebook a reality...

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