

A HIGHER PERSPECTIVE ON LIVING

“Fear Less”

By, Royce Morales

I always assumed I was a relatively fearless person. I could drive L.A. freeways, fly without white knuckling it, talk to strangers, give birth.

Doing inner exploration, finding out that fear was subconsciously running my life, was beyond shocking. I was afraid to express emotions. Afraid of being authentic. Afraid of failure and equally afraid of success. Afraid of rejection and even more afraid of acceptance. Afraid of change yet at the same time afraid of boredom.

Truthfully, what I was afraid of was life.

Fear had created a self-imposed prison, separating me from life. I sat imprisoned watching the world go by. By avoiding experiences that would help me grow and evolve, I was slowly dying.

Can you relate? Is fear robbing you of living a full life? Sharing your gifts with the world? Loving again? Trying again? Are you waiting for it to be safe to go outside and play?

It's time to unlock those bars and see why you put them there. Yes, those bars were manufactured by your subconscious mind and you have the key with some inner work.

But the most important step is seeing they are there.

Here are some suggestions to help free you from fear.

- 1. Create an Intention.** Like a New Year's resolution, let yourself know that you are committed to dissolve fear's control over you. Without a firm commitment, fear always wins.

Ask yourself, what does this commitment look like? What fear is getting in the way of keeping it?

Perhaps imagine how you will feel at the end of your life knowing that you allowed fear to be your boss. That could be the saddest moment of your life.

- 2. Start Where You are.** It doesn't matter if you start small, but you do have to take that first step. Compare it to taking an exercise class. You can't jump in and lift 100-pound barbells until you lift five pounders for a while.

Give yourself permission to take a step back if necessary, but there is no stopping; move forward consistently.

- 3. Play with Your Fears.** Fears enlarge when you focus fearful energy on them. Instead, consciously play out a “worst case scenario” in your head. Exaggerate and be dramatic. You might end up laughing at the absurdity, realizing the sky is not going to fall. Maybe you realize that you have handled situations like this before and will be able to again. Perhaps solutions and options come to you.

Doing this, notice any false beliefs that pop into your mind. Things like “I always screw up;” or “I’m not smart enough.” Seeing those programmed notions will help you understand what your fear is really about.

- 4. Make Friends with Your Fears.** By looking fear straight in the eye, you might discover that facing it, rather than reacting, is empowering.

When we first moved to the mountain, I was outside doing some gardening and noticed an animal approaching. Not knowing much about wildlife up here, I thought it must be a coyote. Slowly, I started backing away, ready to run inside. Then at closer inspection, I noticed it was wearing a collar. As it neared, we shared the same apprehension until I realized she was a German Shephard. Gingerly, she put her head on my hand, hinting for a pat. We became instant friends and now she often visits looking for treats.

See your fear as an affection-starved dog rather than a hungry coyote. Friend your fear and don’t react. It is probably not the monster you think it is.

Most importantly, determine where your fear is coming from and why it is acting up. Follow that thread to discover a story behind your fear. No matter what that story is, know that it was made up by you to keep you safe. Yet, that “safe” place is more dangerous than stepping into your fear.

- 5. What Does it Symbolize.** Often, what you are afraid of is not at all what you think it is. On the surface, it appears you are afraid of quitting your job. It looks like fear of finding another job, being without a paycheck. But looking deeper, you might be afraid of manifesting what you know in your heart you are meant to do. It seems safer to stay in that secure nine-to-five.

With inner exploration and radical honesty you can locate what your fear is really about. Knowing that allows you to make empowered, clear choices.

Write down your fears; explore where they are coming from and what they symbolize. Trust whatever comes to mind doing this exercise.

- 6. Take a Risk.** New experiences deflate the power of fears. Prior to moving to the mountains, one of my biggest fears was walking in snow. As a SoCal native, I had only been to the snow twice; neither time did I fall. There was no past experience causing this illogical phobia.

Through my terror, I coerced my husband to take me to a snowy area. With trepidation, I walked up an incline. I noticed my fear starting to ease as I experienced feeling in control. From then on, my fear about snow ceased.

All the logic, statistics and people trying to convince you to not be afraid is never as compelling as personal experience. Real life tends to do that.

- 7. It's Not Just About You.** Your fear is not only affecting you, but it impacts others. Seeing that breadth of fear, you are more likely to commit to overcoming it.

How is your fear preventing you from sharing your gifts with the world? Manifesting your unique purpose? Loving fully? Those fears involve your friends, children, family and everyone you come in contact with.

Know that there is no turning back. Your life depends on it. You deserve to break free of fear; it will shift everything in your life. And the truth is, no fear has any power over you unless you let it.

As a transformational facilitator, Royce Morales helps people resolve the origins of subconscious, self-sabotaging fears. Reach out to her at www.RoyceMorales.com.

