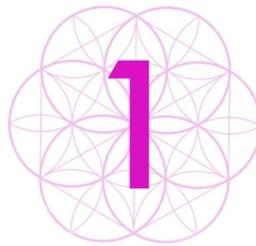


# My Six Steps for Transcending Fear

If you are finding yourself attaching to and internalizing the current fear wave occurring on the planet, here's a simple process that can tremendously help.

By Emmanuel Dagher



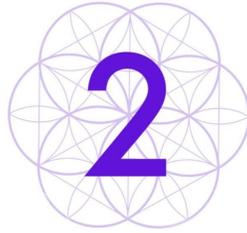
Be mindful of how you choose to internalize the fear.

The experience of fear is unique and personal to each person.

Usually the areas of our lives that are most affected by internalized and unprocessed fear are our physical, mental and financial well-being.

If you are finding yourself worrying, panicking, hiding, getting rid of things that nourish your body, mind and Spirit so that survival becomes the sole priority, or separating yourself from the world, these are the mind's way of holding on to (internalizing) fear, rather than allowing it to be processed and moving on.

Unprocessed fear is actually what lowers the immune system, and creates mental unrest, which can lead to choices and decisions that are not true to who we really are.



Check to see where the fear is being held in your body.

Check to see where the internalized fear is being held in your body.

Our body is an awesome barometer, and it always speaks to us.

When you are holding or carrying fear, your body will always tell you where it is being held. Most people hold fear in their stomach, heart, shoulders, jaw, or back areas.



Spend time allowing yourself to feel the internalized fear.

Once you've found where you have been holding the fear, spend some time simply allowing yourself to actually feel the fear being held in that area of your body.

Most people ignore the area in the body that is holding the fear, because the idea of feeling it is scary enough.

However, the only way to allow our body and mind to free themselves of the attachments they have to internalizing fear, are to actually spend time feeling where the fear is being held in the body.

When we spend time feeling the fear, this is actually us choosing to love and honor our body, mind and our whole self.

It may take a couple of minutes several times per day/week, or it may take longer than that, but when we create a practice of dedicating some time to honoring and feeling the unprocessed fear being held in the body, it will eventually soften and dissolve.

Why does this happen? Because our old attachments (The stories, the need to identify) to the fear dissolve.

The intention is to be with step 3 until a softening occurs, and you have come back to your authentic peaceful nature.



Send love and gratitude to your internalized fear.

Send love and gratitude to the part of your body that was holding the unprocessed fear.

Thank this part of your body for loving you so much that it gave you a clear indicator of what it desired to receive from you most, which is love and awareness.

**Unprocessed fear holds a person back. Processed (honored) fear serves as a catalyst to a happy, healthy and prosperous life.**



## Check in with your choices and decisions.

Check in with the choices and decisions you made while you were holding unprocessed fear.

Do you still feel that those choices and decisions you made are expansive and enjoyable for you? If yes, then that is wonderful!

If you feel like the choices and decisions you made from that previous space only propelled more fear, and made you feel constricted, separated or lacking in any way, this is a clear indication that those decisions are not currently serving you, and are out of alignment.



## Align with the love you wish to give and receive.

Love and honor yourself by aligning with the people, places and experiences that most reflect back to you the love you are choosing to give and receive.

If you felt lack and got rid of many of the things you loved and that nurtured your body, mind and Spirit when you were holding the unprocessed fear, start to bring those things back into your life.

The mind may try to come up with excuses of why not to, so if that happens simply go back through all of the steps mentioned above until you are able to make a decision and choice from your empowered self.

Pamper, give to and honor yourself. And then, be willing to do the same for others, and allow them to do the same for you.