

FEAR: A MISUNDERSTOOD FRIEND

I have recently been working with fear via the Healing Blueprint that my Guides gave me, in the summer of 2016. I have discovered some insights about fear, and wanted to share them with you. Before my own Integration, I had many different kinds of fears, that basically ruled my life. I never told anyone about them but they were there, and they were potent.

Most of my fear has gone away in the last year, but I still had some unconscious fear, that would pop up from time to time. So I decided to begin working with fear, recently.

I have come to love fear, and know it as a dear friend. Fear is always a choice, but my Guides say that for most people who, experience fear, it is an unconscious choice, so many of us do not realize that we do, in fact, have a choice in whether to become fearful, or afraid of something, or remain calm. We actually always have the option, of whether we want to experience fear, but first we must understand fear.

For the first time ever, if I feel as if I am becoming fearful of something, I have the ability to consult with fear, and choose to experience it, or not. We are like partners now, and I really appreciate fear. This was not an option for me, before working with it. I will list the steps below, so you can choose do the same, if you like.

My Guides say that all fear is learned. Even the fear that you experience, when you see something out of the corner of your eye, that startles you, is learned! When I recalled all of the fears that I had, I was able to remember exactly where they came from. They all came from movies that scared me, that I watched as a child.

I had a fear of sharks, that came from the movie Jaws. I had a fear of clowns, that came from watching the movie Poltergeist. I had a fear of aliens as well, or a fear of being abducted, that came from the movie Alien.

It is so crazy, that these fears, were learned from simply watching movies, and transferred into most of my adult life. I realized that a lot of fear comes from misunderstanding something, and for me, it is energetically disrespectful to fear something.

Fear attaches itself to us, because we react to it. That is how it works here on earth. My Guides came up with a new version of the saying "what you will resist, will persist." They say "what you react to, you will attract to," I realize that the wording is a little weird, but I think it's a cute saying.

Every time we react to fear, it gets even more embedded in our system. The best thing that you can do, when you begin to become fearful, is to acknowledge the fear. Don't try to push it back down inside, or bury it, this does not heal it. Instead, welcome and love the fear.

I immediately notice fear now, and remember that I have the ability to either experience it, or not. Before, it took me over and I had to live it. I began to ask myself, some questions, as I got

further into working with fear. For instance: I began to ask how logical it was to be that fearful, at that moment. I began to ask myself, if it was possible to experience something seemingly scary, without fear. I had to genuinely ask myself, if I was willing to let go of the fear, since all of the things that we experience are unconsciously brought on by us.

Working with fear, has been a beautiful experience. I totally understand, and love fear now. The steps below, are how to work with fear.

- Imagine that you are holding a sword and shield, that you set down, and off to the side.
- Invite fear into your home, as if it is a cherished guest. (You can imagine a sacred meeting space, instead of your home, if you'd like)
- Thank fear for the lessons/experiences that it has brought to you in life. Then, take a moment to deeply love it.
- You can offer fear and imaginary feast, if you'd like, as a sign of respect.

I suggest doing this every day, for at least two months. It only takes me about 30 seconds to do this exercise. I have only been working with fear for about a month, and the unconscious fear that I had is now gone. It may take longer for you, you will obviously know that you have healed your fear, when you no longer experience fear.

I love you all, so much.
Leni Dubel.