

Day 1: Fear Chronicles

Today I think of times when I felt fear in the past. First, I put myself in a safe and comfortable place and then I glance through my mind's picture book sifting for those memories of when I was truly fearful.

I try to find the very first exposure to fear. What was it? How old was I? Where was I? How have my fears evolved throughout my life. Am I still afraid of the same things as I was as a child, 10 years ago? 5 years ago? 1 year ago?

I consider how I feel now about the circumstances that created my fears in the past. If I have old fears that no longer appear, I try to figure out why they created fear in the past but not now. I consider what I might potentially fear in the future. Is it something I would fear now?

Action:

1. Recognize how the passage of time affects your capacity to fear, also how time passing changes what you choose to fear.

Day 2: Fear Landscape

Today I recognize my fear triggers. I sort out my perceptions of my environment when fear crops up. I identify the patterns that get my fear gears spinning. Do I have any persistent phobias that appear as prominent features in my life? Are my fears transient, changing according to circumstances?

I look for patterns in my circumstances that while they may not appear directly related to my fears, they are consistently involved (e.g. my health, my safety, my overall emotional state). I carefully identify the space I create for fear to take hold. What other emotions show up as supporting cast members?

I examine the fears I consider small, and the ones I consider HUGE and think through the similarities and differences between them. What makes me think a fear is small? What makes me consider a fear to be HUGE, maybe even insurmountable? Are there positive aspects of my fears? Do they help me avoid things that might be bad for me, or is the fear worse than the things I avoid?

Actions:

1. Recognize how the passage of time affects your capacity to fear as well as what you choose to fear.
2. Write a fear brochure. Imagine you're writing a detailed description of fear for someone that has absolutely no idea what fear is. They live in Fearlessia and they are thinking of visiting Fearfullia ... What would your fear travel brochure tell them? Imagine you are observing the subject of fear from the perspective of someone who's never experienced it. Objectively describe it in a way designed to entice someone to want to explore fear. (If you have trouble writing a brochure that makes fear sound appealing, then ask yourself why you would choose to visit the emotion of fear yourself. Do you think you have no control over the emotions you choose?)

Day 3: Hugging the Fuzzy Fear Bear

Today I make friends with fear. Like a bully on the consciousness playground I sense that fear needs a friend. I've been watching fear romp around for the past two days ... observing how it moves through the time and space of the playground where I experience my life. I try to understand the disconnection and distance it seemingly seeks to create between itself and most of the rest of consciousness. I imagine how it might behave differently if it wasn't so alone ... if it had a friend.

Actions:

1. Recognize how the passage of time affects your capacity to fear as well as what you choose to fear.
2. Review your fear brochure.
3. Pick or create an object that exemplifies fear for you. Get creative. Put a face on it. Even if it's a picture of something that absolutely terrifies you ... make it huggable. Do whatever's necessary to look past the scary parts and find the innocence. (But remember we're making friends with fear so try to skip past any feelings of vengeance or retribution.) Hang out with your new friend for a bit today.

Day 4: Fearterior

Today I find where fear lives in my physical body. I find the spots in my body that harbor the mushy-tense sensations of fear. I commune with those parts of me to find out how they feel about hosting the occasional houseguest called fear. I discover if fear moves around my innards at all, or just prefers to haunt one spot.

Actions:

1. Recognize how the passage of time affects your capacity to fear as well as what you choose to fear.
2. Review your fear brochure.
3. Hug your fuzzy fear bear.
4. Introduce the perfect antidote for your physical symptoms of fear. If fear makes you feel heat on the back of your neck, imagine a cool breeze. Jittery knees? ... the best leg massage you've ever had. In some cases you can actually experience the antidote, but it's also effective to vividly imagine the sensations. Do this without the presence of any sensations of fear. It's like you're fortifying that part of your body, stocking-up on the perfect antidote in case fear shows up again. (In fact you can do this anytime, not just this week).

Day 5: The flip-side of fear

Today I explore how I resolve fear, what do I do to oppose it? What do I think of as the opposite of fear? Do I use logic to think my way out of it – make it unreasonable to fear? Is it reckless abandon... as if I overcome fear by one-upping it? Is it stoic courage? Or maybe I oppose fear with denial as if to out-run fear by deftly shifting my perspective away from anything that triggers fear? Do I spread the fear around to others to make it less personal, and draw courage from them? What do I do to balance my fears?

Actions:

1. Recognize how the passage of time affects your capacity to fear as well as what you choose to fear.
2. Review your fear brochure.
3. Hug your fuzzy fear bear.
4. Stock-up on your fear antidote.
5. Document your personal fear continuum. Take a piece of paper and fold it along the longer dimension (top to bottom). Write all your fears on one side and then flip the paper over and write your strategies for opposing/mitigating fear on the other. Once you've written down all the fears and mitigations that you can possibly think of, take a few moments and read each side separately (probably a good idea to finish by reading the side with the mitigations last :) Make sure you are in a safe place and then really immerse yourself in your emotional body as you lovingly and sincerely examine your fear consciousness. (Note: it's likely the number of fears and solutions will not match exactly... very possible to have more solutions than fears or more fears than solutions).

Day 6: Get Broad

Today I broaden my focus. I see both fear and its opposition from a single perspective, I see fear and how I resolve it as two parts of the same unified process.

Actions:

1. Recognize how the passage of time affects my capacity to fear as well as what I choose to fear.
2. Review your fear brochure.
3. Hug your fuzzy fear bear.
4. Stock-up on your fear antidote.
5. Review your personal fear continuum by flipping it back and forth.
6. Get the 30,000-foot perspective on your fear consciousness. Unfold the paper and draw lines from each fear to all the solutions you deploy in response to it. It's OK to add new fears or solutions at this stage, that's part of the discovery! When you're done drawing lines are there any fears that have no connections, or solutions that are not used to address any fear? If so, examine why? Now realize that you're looking at a map of your personal Morphogenetic Field. You are looking at the thought constructs that create fear in your life – your personal fear map. Try to find those lines in your own consciousness, in your hologram ... what is it that connects each fear to its opposition? You might notice that the lines between the fears and solutions are people in your life, or a belief that was programmed during childhood, or even something you inherited from your race morphogenetic field. You might notice connections that create cyclical patterns in your life (or even lives). Really take your time with this. Give yourself all the loving attention you deserve to truly understand how you chose to connect fear with opposition to fear. Embody a perspective where you see/sense your fears and their oppositions as sitting along a single continuum... recognize them as simply different parts of the same conscious construct. *Examine the balance you may be seeking for each part of the continuum, could it be that you create fears just so you can experience the solution? If so, is there another way you could experience the desired solution without creating the fear to trigger it?*

Day 7: The Claim Game

Today I claim full accountability for creating all fear I've ever felt or will ever feel. I have carefully explored the characteristics of my fears across time, throughout space, in my body, as a companion, as an invader, from the flip-side, and finally from the broadest perspective I can possibly imagine. I'm confident I know everything I can possibly know about my fear map and most of all I know I have the power to redesign the map.

Actions:

1. Recognize how the passage of time affects your capacity to fear as well as what you choose to fear.

2. Review your fear brochure.
3. Hug your fuzzy fear bear.
4. Stock-up on your fear antidote.
5. Review your personal fear continuum by flipping it back and forth.
6. Raise your perspective to a broader view that takes in both ends of your fear continuum.
7. Realize your power to create fearlessness. Take one of the fears on your list – the easiest one – and start healing that fear. Put it in your KRP, do some art therapy, burn a picture of it ... do whatever you can think of to free both you and the fear from the thought traps that create it (ever wonder if the consciousness of fear feels just as trapped as you do?) There are no magic answers for this because it will be different for everyone. The good news is there are lots of KS techniques for you to use. The first step is to believe in yourself and your ability to heal. Authentic fearlessness means inhabiting a perspective that is completely free from both fear and any sense of needing to oppose fear. Find that perspective in yourself and claim it as your sovereign birthright NOW!

**Now write yourself a brochure for your travels to the beautiful landscape of
Fearlessness!**