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RELEASE YOUR FEAR

This process to release fear is probably the single most powerful mental exercise and release I've ever experienced – and the same can be said for every client, friend, family member, colleague and employee I've given it to over the years.

As a general rule, this is a process I like to give to clients right towards the end of a series, because they trust me by then, which is my way of saying you're going to need some serious cojones for this exercise.

Again, it's simple, but in no way easy to do.

Your body is designed inherently to think of fear as the enemy – fear will kill you, that's your instinctive response.

Doing this exercise will feel like you are going to die at times, but the release afterwards is just pure heaven – you will wake up a completely different person.

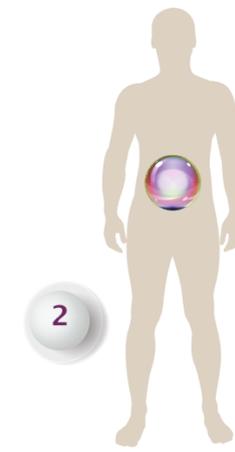
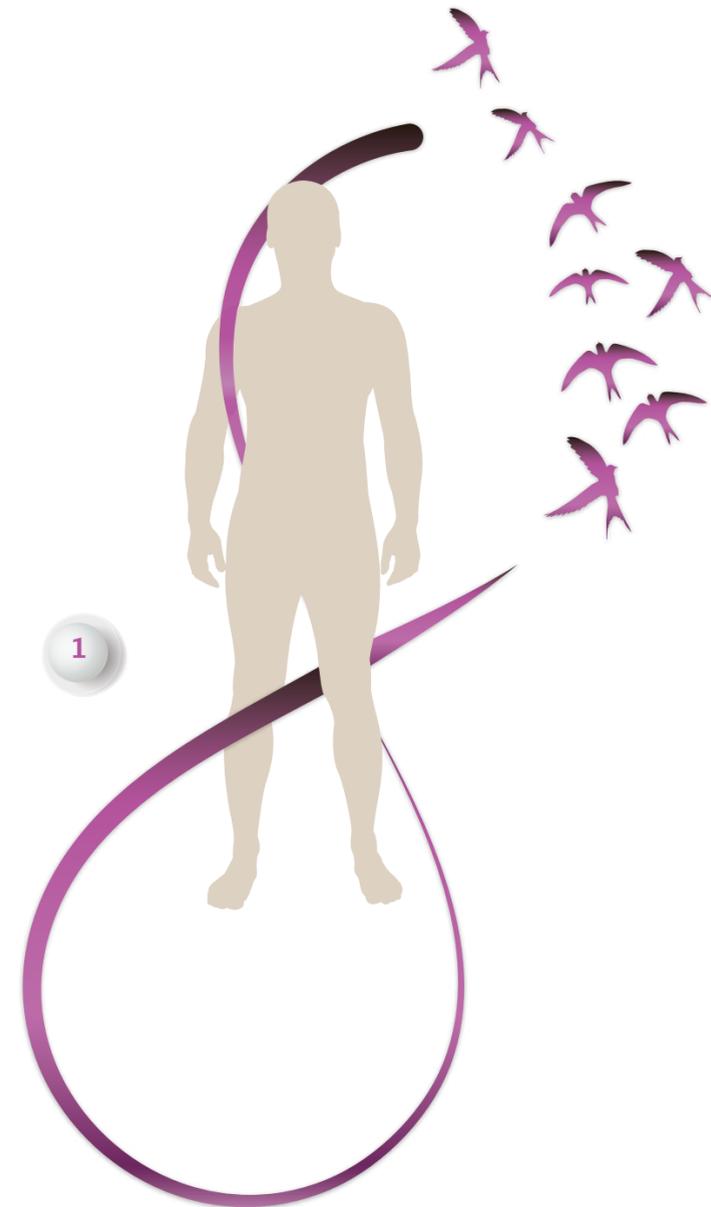
SO, GET COMFORTABLE

Lie comfortably in a quiet, private area, in a comfortable position.

Close your eyes and feel for your mind, feel how it extends past your body and head and how much bigger it is than you.

Now at this point, and all the way through, your body is going to throw up distracting thoughts.

Just let them fly through your mind like birds across the sky – you don't try and catch a bird when it flies across the sky.



Settle your focus on the pit of your stomach, where you feel fear usually.

Feel the fear that is there – call to it if you need to.

See it as having a color or being a bubble or ball of light – whatever colors feel right for you, no color is good or bad.

Feel it as a ball of fear sitting there in the pit of your stomach.

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At this point you can start shrinking yourself down to fit completely inside the bubble.

By this stage you should be feeling nothing but fear and it will be the scariest thing you've ever done, hands down.

Keep feeling it for as long as you can hang in there – your body will only let you go as far as it is able to tolerate.

Eventually you will feel a release or a cessation of the fear – an emotional lightness of varying degrees. When you have your first big one you will definitely know :)

It's normal to cry or feel like stone during the process and for some people it's quick and others take over an hour – whatever you need is right for you.

It is normal to be exhausted afterwards, so if you can sleep it's a good idea. You'll wake up amazingly refreshed in most cases.

It never stops being that scary – no matter how many times you do this exercise :)

Now expand the ball, bubble or orb so that it starts growing.

Let it grow as fast or as slow as you need to, feeling the fear filling you wherever the bubble or orb is in contact with you.



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categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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