

Yoga Tree on the Coast

Releasing FEAR

Fear is one of the most powerful emotions., It controls, it can keep us feeling imprisoned. Fear prevents us from achieving our goals, it clouds our thinking. It locks us in a vicious cycle of negativity, stress and anxiety.

Fear can be so strong that it drowns out our intuition, it has us believing the thoughts whirling around our heads are real, fear can make us feel as though our monkey mind is on steroids!

I too, at times feel fear. It can be sneaky, it can begin with a seed of a thought, a whisper really, and before I know it I feel frozen inside with fear. It can paralyse me. Along with fear comes the judge. That part of you that walks hand in hand with fear, the part of you that prevents you from taking action, that says 'what are you doing?', 'you can't do that', 'you don't know enough', 'you're not fit enough', 'you're not rich enough', 'you're not good enough'. Before you know it, you are believing your thoughts. This judge, this fear can drown out the voice, the feeling of intuition.

All this can create headaches, migraines, insomnia, anxiety, digestive disorders, and many more.

When I take the time to really tune in and listen to the sensation of intuition, she never leads me astray, when the honesty is felt within, your inner knowing comes forth and your truth can be felt, your intuition guides you back to YOU. This is powerful.

Releasing Fear Practice

Place your hands on the part of your body where you feel fear the most.

Breathe into this area for a few moments, while breathing into this area where you are feeling fear, let any emotion rise to the surface with little resistance and no judgement.

Relax your hands

Visualize and breathe in an orange – red flame, let the flame move through your body, let the orange – red flame move through your emotions, through you mind, keep breathing in the orange – red flame, let it dissolve your fear, your worries, your negative thoughts and anxiety.

Allow the orange – red flame to purify, to clear and cleanse. Allow it to keep moving through and

Say:

Universal healing energy please dissolve all fear, anxiety and worry. Allow me to grow and flourish and find blessings in all challenging moments. Remind me that I am already strong and courageous, that these flow through me.

Now inhale and visualize a pink or green ray of love. Breathe in this pink/green ray of love through your body and say:

'Please heal every part of me where I hold fear instead of trust, worry instead of peace and anxiety instead of faith.'

