

3 Essential Steps to Dissolving Fear

Step #2 – Recontextualizing Fear

1 See and feel fear differently through a fundamental re-contextualization of it

- a Fear has supported human growth and evolution for tens of thousands of years, alerting us to danger, activating us for action, and signaling the importance of awareness and presence in our lives.
- b When we lose ourselves in the experience of fear, we feed the mechanisms that were originally activated when an actual physical danger or trauma occurred.
- c If we can **recognize that our fear mechanism is running**, we immediately place ourselves outside of the mechanism and experience of fear.
- d So, when fear appears, say to yourself, "Here it is. This is definitely fear". As soon as you say it, you are not totally in it.
- e Notice the little distance between you and fear, even if it is very small.

2. You are beginning to re-contextualize.

- a With this new position in regards to fear we start to relax and are able to listen to other more sensitive and reliable voices within. We gain an expanded perspective. Remain relaxed as you experience your fear.
- b This perspective is more open and receptive.

3. Enjoy the bit of distance from the fear.

- a. As we sit in this new position a distinct quality of space and calm begins to move in us. You may find yourself smiling or even laughing at what once paralyzed you.
 - i. This is the beginning of a brand new way of being in life. One that ever holds the dynamic we call fear in its rightful place. This is a place of support for us in our navigation of our world and never as a mechanism of avoidance or inaction.
 - ii. It's a little like discovering that the monster under your bed that has terrified you all these years is just a small, scared little part of you that needs love and care.
 - iii. It is the love and care of the part of us that activates fear that ultimately transforms the mechanisms of fear from debilitating to facilitative.
- b. Enjoyment helps a new perspective grow and through that new perspective new realizations and avenues for life naturally and effortlessly open up!

The recontextualization and enjoyment of the fear mechanism, lays the foundation for what comes next; **getting to know our fear and transforming it through a fundamental shift of how we relate to it while it runs in our system on a practical day to day level.**