

How to let go of fear by embracing it's deepest intention.

Learn how to accept your fear as your overly-cautious grandma and you'll learn to look it straight in the eye, see the danger and go for it anyway. Not because you're going against it (yourself), but because you know you're strong enough to make it.

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| 01 | What are you experiencing? Explain the situation. | How are you responding? Judgemental/ defensive/ mean? |
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| 02 | What is behind the fear? What is the real reason for feeling/ responding this way? | Top Tip This is usually an internal conflict or insecurity. |
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| 03 | How can I change my fear into love? Now that you understand the intention behind your fear, how can you respond from a more loving, joyous and light place? | Top Tip Responding from love, means responding with complete and unconditional acceptance for other and YOURSELF. |
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