Demystifying Fear:  
5 Fundamentals of Fear Control  
A Self-Guided Seminar

with Janice Lynne Lundy

Included in the Seminar Download:

• Seminar Worksheet  
• 60 minute audio teaching (mp3)  
• 5 minute Guided Meditation (mp3)

Welcome, friend, to this self-paced seminar. It can help you learn to dissolve patterns of fear to live with greater trust and ease.

How to Get Started:

1. Print out this Seminar Worksheet. It will help you follow along as you listen to the mp3 of the audio teaching.

2. Be prepared with pencil and paper. You will be asked to record some of your thoughts and engage in short reflections or exercises.

3. Listen to the Audio Seminar. This mp3 is also fully downloadable for later listening.

4. Use the Guided Meditation for transforming fear whenever you need it.

5. Return to the Seminar mp3 and take yourself through the 5 steps again anytime a new fear arises.
Worksheet

Begin Listening Now:

http://www.awakenedliving.com/podcasts/TransformingFearSeminar.mp3

Introduction:

In this portion of the Seminar you will learn about:

• What fear really is and how it keeps us stuck
• The relationship between fear and the ego
• The two kinds of fear
• The importance of acknowledging fear
• Identifying your fears

The 5 Fundamentals of Fear Control

(Pause the recording when you are asked questions to record your answers.)

In this portion of the Seminar you will learn how to create a new empowered relationship with fear. You will identify one specific fear to work through with the help of this recording. When fear arises, you will know what to do and how to manage it with ease.
Fundamental 1: Be A Scientist

Understand how important it is to be able to identify fear dispassionately when it arises; to be its observer.

Exercise: Compassionate Observation

Choose one fear to work with for the purpose of the seminar.

Engage this 4-step process for compassionate observation:

1. Identify the fear by naming it. Say what is. Tag it.

2. Record how your body feels and what your mind is thinking as the fear arises.

3. Notice what message the fear is sending you.

4. Connect with your breath. Look at the fear under a microscope. Drop into compassion for yourself.

Reflect:

Q: Was it difficult to identify just one fear? Do you have many?

Q: How did the 4-step process resonate with you?

Fundamental 2: Identify the Cause of the Fear

Once again, adopt the stance of a scientist to get beneath the fear. Determine whether your fear is sourced in something from the past or a worry about the future, or both.

Reflect:

Q: Is the fear associated with an event in the past?
Q: If so, what part of you was hurt or felt loss as a result?

Q: Ask yourself, ‘How is this fear keeping me stuck today?’

Fear can also stand for “False Evidence Appearing Real.”

Reflect:

Q: Is the fear associated with a concern for the future? Can you see how it might be False Evidence Appearing Real?

Fundamental 3: Does Fear Mean ‘Stop’ or ‘Go’?

Be aware if you are harboring “Old Thoughts” about fear. It is possible to adopt “New Thoughts” to transform any fear you have.

Fear can be an agent for positive change, for taking a risk, or moving into an important new phase of your life.

Understand how fear is pure energy, a signal to take action.

Reflect:

Q: Could the fear you’ve identified be an invitation to GO?

Exercise: “Fear as a Traffic Light”

Q: What color is the stoplight associated with your fear in this moment?

Q: Do you see how if it is red or yellow now it could be green sometime in the future? Can you see the positive potential for addressing your fear?
Exercise: “How would your life be different?”

Make a list of ways in which your life would be different if you did not have this particular fear.

Q: In what ways could this fear be holding you back from living your dreams?

Step 4: Do Something About the Fear

How we personally respond to fear may be to cower, get quiet, or hide out. Movement, on the other hand, some kind of action response, can break the energetic hold of fear. We can choose to do something physical to shift the energy.

Identify 3 methods you could use and are willing to try the next time you experience the paralyzing energy of fear.

1.
2.
3.

Reflect:

Q: Reflect afterwards about how you feel and what differences you notice in yourself when you choose to “move” and release the energy of fear.

Step 5: Look at the State of Your Spiritual Life

Fear is ultimately rooted in lack of trust: trust of self, of life, of our ability to heal and grow, of our spiritual path, even of a “divine other” who might be present for guidance and support. Fear can be a profound spiritual invitation to let go or move on; to embrace new aspects of our self and a new life; to cultivate a relationship with the Divine.
Reflect:

Q: With transparency, reflect on how you might not trust. Who or what might you not have significant faith in?

Reflect:

Q: Do you see how this one fear might be calling you to explore the deeper questions of your life?

Q: Do you see how it might be inviting you to a more authentic way of living? Of healing?

Q: Are you drawn to create a new relationship with the Divine as you understand it?

Final Thoughts

• The spiritual call of living with “heart.”
• The importance of taking gentle steps while de-mystifying your fears.
• Remembering to operate as your truest self.
• Knowing that you are not fear. You are love.

Guided Meditation: Releasing Fear

Listen to this short, Guided Meditation whenever you feel fear arising:

http://www.awakenedliving.com/podcasts/MeditationReleasingFear.mp3
Thank you for joining me for the Fear Seminar!

I hope it was helpful to you and that you will begin to feel greater peace of body, mind, heart and soul.

I hope you will also take some time to reflect further—even do some journaling on fear— and commit to transforming any fears that arise by using the 5 practices outlined in the Seminar.

Stay tuned to JanLundy.Com for the release of similar seminars that help transform difficult emotions.

Blessings upon your journey,

Jan Lundy

http://www.janlundy.com

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