

Fear Cleanse

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Welcome to a powerful ritual designed to help you recognize and release the fears that have been damming up the flow of optimal health, energy, and abundance in your body and life.

You can think of this process as a channel clearing. You'll be rinsing away toxic residue to create space for more of what you truly want on all levels to enter your life.

Fear Cleanse Flow

1. Find some time (generally at least an hour) and a space to be quiet and still. Maybe at your favorite spot in nature, in a cozy nook at home, or at a peaceful café.
2. Take a pen and a notebook you are comfortable ripping pages from with you.
3. Once settled in:
 - a. Close your eyes. o Place your hands over your belly or heart.
 - b. Take three full, deep breaths in through the nose and out through the mouth.
 - c. Settle into your body. Let yourself fully arrive at this moment.
 - d. Bring to mind the situation around which fear has been circling for you.
4. Reopen your eyes and in stream-of-consciousness format, capture any and every fear, doubt, worry, or anxiety that bubbles to the surface about this situation on the paper.
5. NO EDITING. If you bring your logical mind on board to analyze each fear as you go, your mind might try to rationalize why this isn't really a fear, why this isn't something you "should be" worried about, etc.

In order to allow the fear to be cleared, we need to first see it with clear eyes and feel it in its truest form.

Trust that there's nothing you need to dismiss, avoid, or downplay here. Even if it no longer serves you, each fear is valid and a call for some compassionate attention.

Let anything that wants to pour out of you flow onto the page. Feel the weight of those fears rolling off your shoulders. You're returning burdens that aren't yours to carry to the universe.

6. As your pen starts to slow down, close your eyes. Check in to see if any lingering concerns want to be acknowledged.
7. Once it feels like every limiting thought for the moment is on paper, set your pen down and take a few deep breaths.
8. **Now start a fresh piece of paper.** For each fear you wrote on your first sheet, respond to the following reflections:
 - a. Is this fear 100% provably true in reality? (It may feel true but is it True?)
 - b. When I focus on this fear, does my energy increase or decrease?
 - c. Is believing this fear pointing me in the direction I want to head?
 - d. Is focusing on this fear helping me feel the way I want to feel?
 - e. This fear has been trying to protect me from...
 - f. In order to let this fear move from front to back seat, I would need to be willing to feel/face...
 - g. If this fear were no longer in the driver's seat of my life...
 - h. For any fear you declared not True in reality: Instead of focusing on this fear, I now choose to own that (write a new self-empowering, energy-enhancing statement here).
9. Write each new self-empowering statement on a fresh sheet of paper. These statements are your Truth with a capital T. For example: Fear: "Maybe I'm just not meant to be healthy." Upgraded belief: "Every time I choose to focus on an energizing thought, I'm nourishing my healthiest self." 10. Once you've transformed each fear into an empowering affirmation, rip out your fear list. Either here or in a space where it's

appropriate to do so, tear your list to teeny tiny shreds and flush them down the toilet or surrender your fears into a (safe) fire.

Credit: The concepts inherent in this article are the author's interpretation of materials issued by iPEC®.