



Sacred Depths Certification

Befriend Your Fear **Dialogue with Fear Process**

I invite you to close your eyes and tune into your breath. As you inhale and exhale, bring your breath all the way down to your toes, come home fully present to your body.

As you do this, I invite you to locate that part of your body where this particular fear lives. You don't have to wrap your body around this, just feel it out. It might be a tingling sensation, or somewhere where you feel tension, or somewhere that your awareness is bringing you: your back, belly, forehead.

Wherever it is, allow yourself to focus in on the part of your body where the fear lives inside of you. And what I'd like you to do is to send your next breath right into that part of your body. Breathe right into it, get really connected to this place in your body where the fear lives.

And almost as if you were a detective, get out your magnifying glass and flashlight and go right into this part of your body where that fear is living. I want you to look at the fear and take it in with all 5 senses:

- *Does it have a color?*
- *A particular image?*
- *Is it hot or cold?*
- *A shape?*
- *Do you smell anything?*
- *Damp or dry?*

Gather as much information as you can take in and connect with this fear as it lives in your body.

Now, you're going to ask this fear a series of questions. Simply ask the questions and take in what comes to you – there are no wrong answers. Ask this fear:

- How long have you been with me? Just seeing what comes up. Taking a deep breath in and out
- Is there a particular event or series of events that brought you into being in my life? Inhaling and exhaling and connecting even more deeply.
- What purpose have you served in my life? See what comes up there.
- In its highest power or highest self, what is it that this fear actually wants for you? And just hear what it has to say about that.
- What part of myself do I need to activate to move past this fear?
- What else do you want me to know right now? What wisdom do you have for me?
- Taking a deep breath in and letting it go.

And from there, be in gratitude for the fear. In gratitude for the ways it has served. Honor its existence. Thank it for making itself present today. Thank it for the wisdom it brought forth.

Ask your fear if it would like to get smaller or change form inside of you. It may not want to and that's okay. This doesn't mean anything. Ask it and watch, look at the fear and see what it looks like and if it shifts.

Take three deep breaths in and out, just moving yourself away from the fear and coming back to the present moment. And on the 3rd exhale allow your eyes to open.

Take a moment right now anything that you want to write down and remember from that mediation/visualization.