



Sacred Depths Certification

Befriend Your Fear Step 3: Dialogue with Fear

If it feels comfortable for you, I invite you to close your eyes and if not simply go inwards. Tune into your breath, as much as is comfortable for you. As you inhale and exhale, come home to your body.

As you do this, I invite you to locate that part of your body where this particular fear lives. It might be a tingling sensation, or somewhere where you feel tension, or somewhere that your awareness is bringing you to: your back, belly, forehead, etc.

Wherever it is, allow yourself to be the part of your body where the fear lives inside of you. Notice the energy and how it feels without any need to change it or fix it. Simply be with it. Connect with the fear. Hold space for the fear.

And almost as if you were a detective, get out your magnifying glass and flashlight and connect more deeply with the fear by observing it. If possible, I invite you to take in the fear with all 5 senses:

If you are able to visualize it (*Note: some clients may not be able to visualize, and that is OK; skip over this part*):

- Does it have a color?
- A shape?
- A particular image

Connect in with the fear and observe it:

- Does it have a smell?
- Is it hot or cold where it lives in your body?
- Is it damp or dry?
- What else do you sense about it?

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

Now, I invite you 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?
- What do you want me to know about my next steps?
- Any other wisdom?
- 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.