

Choose to be Fearless

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The greatest power that a person possesses is the power to choose. - J. Martin Kobe

What could we accomplish if we were not afraid? While we may not all choose to be stunt pilots, I bet there is something you have dreamed of doing that you are holding back on. Perhaps, it is something that is interfering with you living your best life right now.

The whole point of this life is for us to evolve beyond what we as a species have been before --- a humanity that loves more, forgives more, and becomes more --- the result of being fearless.

You may be unsure where to begin if you have been taught to be fearful and accustomed to living your life in this mode, as most of us have been raised to fear and most still are living in fear. Fear is the opposite of love and is often expressed as procrastination or a lack of self-confidence.

Fear has a multitude of negative emotional forms: anxiety, depression, worry, resentment, anger, unforgiveness etc.

Common Universal Fears

1. Fear of failure
2. Fear of success
3. Fear of being judged/being good enough
4. Fear of emotional pain/ being hurt
5. Fear of embarrassment/expressing feelings
6. Fear of being abandoned or being alone
7. Fear of not being loved or rejection
8. Fear of trusting others or losing control
9. Fear of intimacy or sexual performance
10. Fear of not being safe or the unknown
11. Fear of germs, not being able to breath
12. Fear of disease, loss or death

Steps to Help Release Fear

Whatever the fear that is most troublesome for you right now, be it a particular person, place, situation, issue, or finances, be gentle and patient with yourself. It can feel scary to let go of fears that have likely shaped our identity in many ways and throughout our lives. Start from where you are at.

Step 1. Identify the fear.

What are you afraid of the most at this time or in the future? One common world-wide fear present right now is that of contracting COVID.

ie. "My biggest fear right now is the thought that I or one of my family members may contract COVID."

Step 2. Create a statement that acknowledges your fear which allows it to be ok and safe for you to work with it.

Every fearful thought we think contributes to what we may experience in our reality and it continues to do so into what could be our future, unless we change it.

ie. "Even though I am scared that I or someone close to me may get infected with COVID, I unconditionally love, approve and accept myself."

Step 3. Rate the fear level on a scale of 0-10.

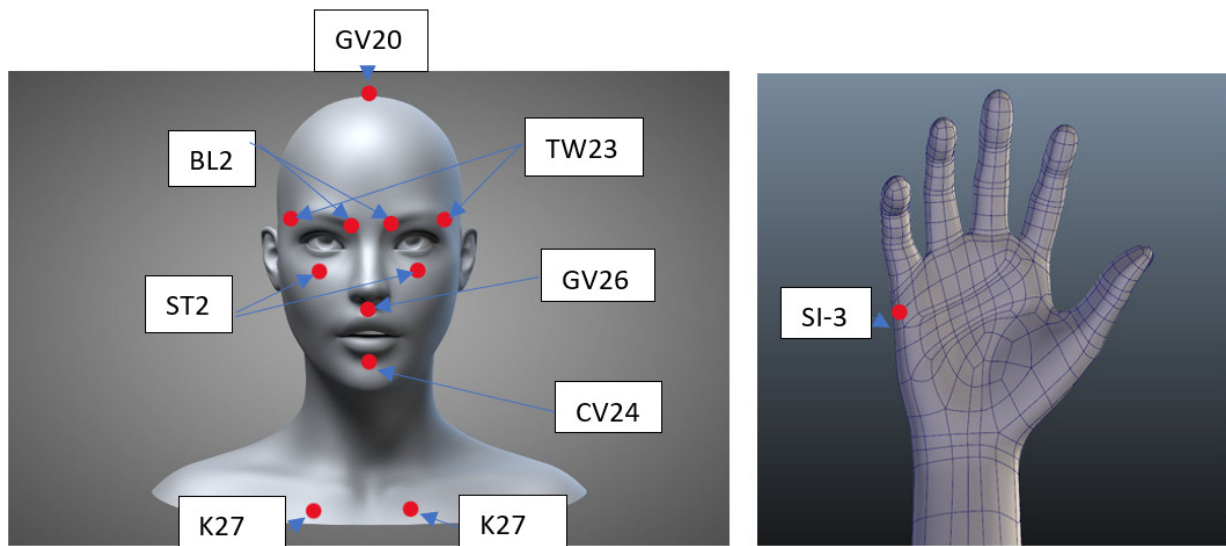
Assign the number based on how much mental space it is taking up and how strongly you feel it is impacting you. 0 = Not at all, 10 = Intensely.

ie. "I think about it constantly, it is always on my mind. I rate it a 9 out of 10."

Step 4. Start to release the fear.

Fearful emotions, if not released, build up and get stored in cells, meridians and organs until it eventually disrupts bodily function.

Tapping the beginning and end points of acupuncture meridians is a particularly effective way to help move stuck fearful negative emotions. It is a powerful holistic healing technique that resolves a range of issues. It's based on the principles of ancient Chinese acupuncture.



Tap each point three times while repeating a diffusing phrase and thinking about the specific fear you wish to clear. Use two fingers (index and third finger) to tap on each point. Where there are points on either side of the face, you can tap on one side or both sides.

Tapping order:

1.	GV20	Top of head	5.	GV26	Underneath nose
2.	BL2	Inside of eyebrow	6.	CV24	Underneath mouth
3.	TW23	Outside of eyebrow	7.	K27	Under collarbone
4.	ST2	Underneath eyes on bone			

Tap these points while saying the following statements (used in the example fear) or use your own:

GV20	My fear adds to the collective fear.
BL2	As I learn to overcome my own fear I stop adding to the world's fear.
TW23	If we all did this, there would be no fear left.
ST2	I do my best to follow appropriate COVID precautionary measures to help keep me and everyone else safe. I know there is a very low infection fatality rate.
GV26	I leave others to move through this challenge in the best way they know how. Bless them all.
CV24	I make peace with and I am alright with where everybody is at in relationship to COVID. I am free to choose what's right for me.
K27	I am safe.

Step 5. Re-rate the fear level on a scale of 0-10.

It should be coming down or start to look differently, less intense. You can choose to move on to Step 6 or stay longer on Step 5 to keep tapping and working with other aspects of the same fear that may have now surfaced.

Step 6: Think of new more empowering thought(s) and emotion(s) to replace your previous fear limiting vantage point.

ie. "I would be more positive about the future knowing that this pandemic too shall pass and my world will become a safer, smarter place as a result of the entire world's learning and evolving."

Step 7: Decide on a desirable goal or result that you are now freer to focus your energy on.

We have energy to devote to our true purpose, doubt disappears when we believe in the good in life.

ie. "I'd like to put my full energies into my work with renewed confidence and purpose."

Step 8: State your goal or dream in the form of a positive affirmation in the present.

It can be in any area from health, career, relationships, finances, etc..

Affirmation: *"The work that I do in my daily life continually improves everyone's life, including my own. "*

Step 9: Reinforce your personal affirmation by tapping SI-3 continuously (side of hands...see above diagram for point location) while repeating affirmation three times.

ie. : "The work that I do in my daily life continually improves everyone's life, including my own. "

Repeat the statement 3 times in total.

Start using your affirmation by repeating it 3x (or more) upon awaking and 3x (or more) before sleep. You can also use it frequently throughout the day as an anchor that refocuses your attention.

Step 10: Think about how you might look, behave or act differently without this fear.

ie. "I would be more confident, less prone to speak negatively and complain. My voice would be infused with more enthusiasm and positivity."

To live without fear would enable us to live more joyously, build stronger immunity and health, support a longer life span with more youthfulness and with opportunity to reach our full potential.

Finally, listen to your own speech. Work to improve your thoughts on each and every subject you give your attention. Your words should reflect positivity and the truth of that which you seek. Remember to use common sense. Choosing to be fearless includes acting sensibly. Honour mother nature (she knows best), care for your body (you only get one this lifetime), respect each other (we learn through our relationships) and leave the world better than you found it (our kids and grandkids have to live here).

What could you accomplish without fear?

"You would be living life as you intended to live it, accessing the Energy that creates worlds and flowing it toward your personal own reality. " - Abraham