



## SOUL POWER UNLIMITED NEWS JUNE 2014

This week I was blessed to see the dolphins frolicking very close to the shore. They exude such joy, innocence and play. These are the soul qualities we all hold – qualities of our true self. Joy and innocence can seem far removed from less comfortable experiences such as fear. Yet joy, love fear, in fact all emotions, are a valid part of experiencing the colours and textures of our life journey.

Accepting and facing our fears can be a challenging, yet necessary part of our spiritual growth. I am inspired this month to share with you a simple and powerful practise to dissolve fear as it arises. I've been using it a lot as I'm studying in a Sacred Mystery School (spiritual) program this year. I've found it a great help to me so I've made a short free (10minute) audio you can download to assist you. As we release these energies that can limit us in so many ways, we become more of who we truly are – realising more of the love and light we are. We more powerfully and effectively create our heart dreams and live true to our life purpose. We haven't really been taught how to deal with fear – except perhaps to “feel the fear and do it anyway”. The secret is to use this process when you catch the fear arising and the fear will “dissolve”. This 10 minute process is simple, gentle and effective. It calls for your willingness and focus.

**My article** explores the nature of fear, how to recognise fear, especially in its more subtle nuances (including procrastination and boredom), why we can't avoid fears and the opportunity our fears present. I summarise the 5 steps process to dissolve your fears. **Download FREE audio MP3** <http://www.soulpower.net.au/transform-your-fears.php>

### **ARTICLE “Where Fear and Love Meet – 5 Steps to Dissolve Your Fears”**

#### **The nature of fear**

Fear is an emotion that we all recognise. It presents itself in many ways. Most noticeably as feelings of panic, anxiety, even phobias (such as spiders), or physical pain that you may feel in the digestive system, the heart, muscular tension, headache, sweats, heat or cold shivers.

**Fears can also be very subtle.** Negative thoughts, worry, procrastination, resistance, aggression, defensive and sabotage behaviours and even boredom, all arise from fear. Fear can create irritation, frustration, anger, sadness, guilt, grief, blame, envy, jealousy or shame to be felt. It's really the base line emotion.

#### **The emotional scale - Fear to Love**

Emotions are simply “e-motion” i.e. energy in motion that is moving through us. If you can imagine the whole spectrum of emotions on a scale from very dense (low vibrating) to light (high vibrating) energies, fear sits at the bottom dense end of the scale. At the other lighter end are emotions of love, joy, appreciation, freedom and enthusiasm.



When we learn to recognise fear in the various guises mentioned above, we know it as an energy that is dense, for it contracts us, feels like a shutting or closing down, pulling back and pulling in of our energy. In contrast love feels expansive, uplifting, open, free and all embracing. Love is the pinnacle of the emotional spectrum that we move towards to experience wholeness and wellbeing.

Fear-based energies are parts of our ego locked into memories of traumatic experiences. These ego parts were created in previous times when we shut down our hearts to the flow of love. The traumatic memories when not resolved at the time, are stored – programmed into our cellular memories – often for lifetimes and over eons of time. These are the karmic memories we hold waiting for the opportunity to be balanced. The purpose of these parts of us that are holding fear-based memories is to protect or guard us from the danger or hurt they perceive when a person or situation triggers these memories. These parts of us can take control and can keep us locked into old patterns of behaviour. Fear causes our mind to become anxious, worry, overthink and analyse because we don't know where the fear comes from. Then it begins to protect us by closing our heart and energy field so that the fear cannot be released from our body, mind, soul and energy field. Our mind can believe the source of the fear is outside us in others or the environment.

### **Moving to love up the emotional scale**

We live in a fear-based culture fed by media coverage. Consider the daily news events with the potential to fuel our fears, creating a pervasive “mass consciousness” with an undercurrent of fear. Many advertisements, such as for insurance, health, aging and wellbeing, often appeal to our underlying fears to get us to buy. Fear breeds more fear, whether it be for our safety, job and financial security, loss of any kind, the weather patterns, conflict, persecution and injustice. As we sense fear in environments and in others, our fears activate within us. Depending on the karma that we each hold we'll resonate with specific fears that will personally stir our own fear based memories. For example, if you have fear-based programs around financial lack, you'll surely be triggered often in our material world. When we accept responsibility for our energy we can open our hearts to it and embrace it. As we offer our loving acceptance to meet the fear, the pure light of the universe flows

in. The higher vibration of love and light meets the fear restoring all energy to your soul's unique resonance. The fears dissolve.

Presently fear continues to be a very powerful force in shaping our world, inciting wars, genocide, religious conflict and much more. To begin to change we can each play a part by the choices we make every day – to see fear for what it really is and transform fear to love.

*Can you even begin to imagine a world driven by love-inspired choices instead of fear?*

**As we learn to recognise and consciously choose to shift the denser (low vibrating) fear energies and allow love to flow again, our fears dissolve. I hope these 5 steps and the free audio may assist you.**

## **5 Steps to Dissolving Fear with Love Process**

### **1. Review the choices and decisions you make every day.**

*How many choices in life do you currently make based on fear?*

If you want to change how this looks you will need to **make a commitment to change**. It will probably need some courage as well, for our fears can seduce us into remaining "safe" in our old comfort zones – which is exactly why they were originally created. The higher perspective is that each fear challenges us to grow and evolve into more of our true nature.

**2. Recognise and acknowledge the fear**, especially if it presents in the more subtle guises that I mentioned in the opening paragraph, that are fear-based. Connect to this part and name it!

**3. Welcome your fear**. Do not judge, criticise or deny it exists. Indeed it is showing up for this opportunity to release its hold on you that is preventing you from moving forward in any area of your life. When a fear part shows up strongly it can seem like it is who we are. Accept it as a part of your ego nature - unresolved energy trapped in karmic memories that you hold as a soul - just an old program – a memory, stopping the flow of joy, peace, love, abundance and fulfilment in your life – be it in relationships, finances, work, career, business, home and travel.

**4. Accept and believe that the energy of love transforms fear**. You are simply moving energy up the scale to the lightness, warmth and freedom felt in open-hearted love.

**5. The "Transform fear to love" Process. Download FREE audio MP3 to assist you** Ctrl+Click <http://www.soulpower.net.au/transform-your-fears.php> **Transfer it to a portable device so you can use at any time. It's best to listen when you're feeling the fear. You can't do this process too many times!**

The process uses breath work, focused intention and your will power, calling on the Universal Laws of Energy and the Divine assistance always there for your asking.

Begin by sitting in a quiet space and taking a few deep breaths.  
The Law of Love states that love exists in everything and everyone and heals all.  
To align to this law say the affirmation "I Am love I Am love I Am love"

The Universal Law of Truth states that you are a being of light -the Source light or creation energy. Say the affirmation "I am light I am light I am light"

Acknowledge the fear by naming it. Say from your heart out loud  
I acknowledge you are the fear of \_\_\_\_\_  
I accept you and I love you  
I forgive you and I free you  
I send you back into the light

To transform the fear to love (the audio will guide you in this process.)  
Place your right hand on your hara, the energy centre below your belly button, the centre of your will.  
Centre your energies by focusing 3 deep breaths into your hara chakra  
Say "I call back into my hara all the energy, light and power I have given to this fear". Continue to take twelve deep breaths into the hara.

Place your left hand on your heart. Centre your energies in your heart as you take three deep breaths into your heart chakra in the centre of your chest. Say ""I call back into my heart and soul all the energy, light and power I have given to this fear".

Take twelve deep breaths: Breathe down into the hara and up to the heart and out in every direction around you. As the energy of fear travels back through your heart it meets the pure light you have circulated by your focused breathing. Fear energy is transformed to a higher vibration and begins to vibrate as love. Continue until you feel this shift opening to love.

**Soul Attunement Sessions** offer a quick, easy and relaxing process to transform fears of any kind. Your energies are balanced back to wholeness and well-being.

As you lie back and receive the healing session, core cellular memories creating fears in any of the guises I have mentioned, are released. A session uses a combination of kinesiology and energy healing transmissions, through sacred drawings, sound and angelic healing to restore you to wholeness and wellbeing. One of the 33 balances will address your specific issues - such as relating to finances, manifesting your desires, soul evolution and consciousness, business, relationships, health, self- worth. To read more [Ctrl+Click http://www.soulpower.net.au/energy-balancing--soul-attunement.php](http://www.soulpower.net.au/energy-balancing--soul-attunement.php)

**Contact Carolyn for more information or to book a session**

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