

Unmute Your Soul Toolkit

#5 Fear

When fear raises its head - Is it mine?

To become aware of what your own truth is, ask yourself, “Who does this fear belong to? Is it mine, or does it belong to someone else?”

- If it's not yours, send it back where it belongs.
- If it is yours, I invite you to continue below.

Connect deeply with your body and feel where you are resonating as feelings arise within you. Sit with your feelings and emotions.

- When was the last time you felt you could express yourself fully without hesitation and fear?
- Do you feel that you have the right to be seen and heard in this world?
- When did you stop feeling that you could communicate without offering an apology for what you're saying?
- When you hold a difficult conversation, such as in a relationship, what do you feel in your stomach, your throat, your hands, or elsewhere?
- When have you felt this way before?
- When did you first feel that way?

Breathe into it and allow yourself to forgive yourself for what happened. Speak this out loud. You just didn't know any different then, but you do now, and you can love and protect yourself more now than you could then.

Unmute Your Soul Toolkit

A simple and powerful exercise for you to dive deep into your fear and inquire about it.

What are you afraid of? Answer it. Ask it again. Why are you afraid of it? Answer it again—you can give the same answer or a different one. Keep repeating the “Why are you afraid of it?” question and keep answering it. You will dig down closer to the source of your fear.

Here’s an example:

What are you afraid of?

I’m afraid of losing my job.

Why are you afraid of losing your job?

Because the pay is good.

Why are you afraid of losing your job?

Because I would be humiliated.

Why are you afraid of losing your job?

Because I’d have to tell my family.

Why are you afraid of losing your job?

Because my family would think I’m no good at anything.

Why are you afraid of losing your job?

Because I won’t be loved anymore.

As you continue asking yourself the question, the deeper fear of losing your job is actually fear of not being loved anymore. Try this out for yourself and go deeper into the root cause of your fear.

Unmute Your Soul Toolkit

The worst and the best exercise*

If the worst fear you have persists in your head, ask yourself this question again and again, make a list in your journal:

- What's the worst that could happen?
- If the worst happened, what's the worst thing that might happen after that?

Keep going until you find out what could happen if the very worst thing happened that you could imagine.

When you've finished, ask yourself:

- What's the best that could happen?
- If the best happened, what's the best that would happen after that?

Keep going. You'll be surprised!

Next:

Go through these questions about your personal, professional and other relationships. Choose a situation where you are withholding your truth, scared of what may happen if you speak it.

Journal about it for at least five minutes.

Write a letter to the person/people and say everything you are feeling. Do not send it!

Unmute Your Soul Toolkit

Allow the fear you have had in your life to come up, then feel into it and let it go. Your unexpressed truth may feel like anger. Move the energy through exercise, dancing, or going outside into nature.

Take responsibility for your part, choose to let go of any blame, and breathe in forgiveness. Stay connected to your heart and—if you can—to the heart of the other person.

You may want to say something. You can do this with both feet firmly connected to the earth. You may want to make a request, set a boundary, or ask for permission for something.

This powerful process takes place on a subtle level and will influence your life and your relationships. It can be used again and again. Whatever you process will be life-changing for you.

*This exercise is from The Journey