

## Session 7

### 10 Reflections on Fearlessness

1. There are only two innate fears that we're born with; the fear of loud noises and the fear of heights. All other fears are learned/conditioned/programmed.
2. There's a *first fear* that locks into the nervous system and the reaction to this fear determines the reaction to all fear. This first fear triggers the fear that we won't survive. To live fearless we need to get back to the root cause of the first fear.
3. There are three reactions to fear, fight, flight or freeze. If your reaction is fight you tend to attack when fear strikes, if its flight you hate a confrontation and prefer to run away and hide from it. If it's freeze you neither fight it nor flee, you shut down and endure it. Living fearless is our having mastered the response to fear.
4. Fear stops us from doing the things our inner being wants to do. Fear of what people will say, fear of what others will think, fear of failure, fear that we won't be approved of, will be laughed at, made to feel stupid. All of these fears feed back into the original fear and the story that we decided about the event and the fear at the time it was felt.
5. Every thing we want is on the other side of fear. When we go beyond the fear there is nothing to stop us from being fearless and living free from the self-imposed limits that we have put upon ourselves.
6. Fear needs to be dealt with in the mind and the body. The nervous system needs to be trained to release the fear and to be able to holding it, when triggered, without the mind running away with itself and creating stories which just exasperate the fear.
7. What we focus on expands, so the more fear-based stories we tell ourselves the more fear energy we create and the more afraid we become. This is the vicious cycle of keeping ourselves locked into anxiety and fear states that control our lives and destinies.
8. There are really just two emotions, love and fear and if you're not acting from love, you're acting from fear. Fear and love can't co-exist so if you're coming from one, you're not in the other. Fear and love feel very different in the body. Love feels light, strong, trusting, powerful, accepting and fear feels the opposite. Use your body to remind you what energetic state you're operating from.
9. Our bodies and brains are hard-wired for survival and fear is a protection mechanism from danger but we're stuck in survival mode even when there's no danger and the fear isn't real - **False Evidence Appearing Real**. If there is

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no imminent danger the fear can only be imagined. It's in the mind, and nothing in the mind can be real.

- 10.** Becoming fearless is crucial to our living a happy life because fear not only damages our bodies, hearts and minds but it also destroys relationships and limits our potential for growth. Fear creates lack of trust, and it underpins judgment - we're really judging ourselves and afraid that we don't measure up and therefore aren't worthy of love. And without love, we fear we'll die. We have to understand fear, what it is, what it's not, where it came from, what it has to teach us and how we can learn to let it go and operate more from a loving perspective. Because when we come from a place of love we will always be more powerful and our most fearless selves. Next time you feel the fear ask yourself where is this coming from? And then choose again, this time from a loving perspective. Ask, what would love do?