

3 Simple Steps to Overcome Fear by KumariDevi

Every day you are confronted with some type of fear from the dentist's office, driving, evening news, the job, with your children and spouses. Fear is everywhere. More so now, you are faced with more fear than you thought was possible.

What is fear? Fear is it a built-in survival (fight or flight) mechanism. Even as babies, you possess the survival instincts necessary to respond when you sense danger. Fear is a reaction that involves both the mind and body and triggers brain responses that cause the heart rate and blood pressure to increase. Each time you experience a reaction from fear you lose a part of yourself in fear. The bodily tension of gripping and tightness, in your solar plexus and abdomen, along with heart palpitations is where you feel the most fear in your body.

In Buddhism, the Buddha referred to fear as a “delusion”, a distorted way of looking at life. In Hinduism fear represents the need to detach from the object creating the upset. In these spiritual philosophies there is a need to release the “strong-hold” fear plays in life.

Most often you respond to fear from past childhood experiences. Now as an adult, subconscious fear triggers a bodily response to those forgotten memories and you react. To tackle the unhealthy fear you want to look fear right into its eye and take back your power:

- **Step one:** feel the fear and do not push it away. Don't be afraid of fear—it is not more powerful than you.
- **Step two:** relax the body especially the solar plexus and abdomen area. Breathe deeply into tight areas.
- **Step three:** dialogue with the fear. Ask questions like, “What am I afraid of or what is so scary?” “What am I learning from this experience?” “Does this feeling remind me of something from the past?” Once these questions are answered, you can move forward. Fear then becomes less scary.

When you embrace fear as a friend, you begin to diffuse its power over you and have an opportunity to change.

Once you implement these three simple steps: **relax**, **breathe** and **dialogue** you change the energy associated with the experience of fear and move forward detaching from the object (s) of upset.

Enjoy this new technique when you are dealing with fear and watch how the tightness and uncomfortable feelings simple disappear.

Let me know how you do next time you are confronted with fear. Share any experiences with me at info@KumariDevi.org.

Until next time stay fearless!