

## Support Information for Ad On

### Do's and Don'ts for Your 4 Step Art of Fear Method

In the human-built world we see lots of right angles, in desks, houses, streets, etc . Often they're designed to go in one direction, then abruptly go in another direction.

In all of nature though, we don't see this. There are no such thing as right angles. Things only grow in gradual transformation.

Which is why I want you to stop looking for a right-angle solution to your problem, because it's unnatural. What you're going for instead, is gradual. It's the way you're designed to grow.

So, make the mantra for your practice, all about: LITTLE SHIFTS.

Here's a list of Do's and Don'ts so these can be maximized:

DON'T go for goals: Yes, you read that right: Don't have a goal to feel better. Don't have an agenda. Don't try to get anything from the awareness or the questions or the wonder. Don't try to 'fix' your problems or try to get to a solution. Ditch ALL these.

Now, this may be hard to wrap your mind around, like 'what the hell does Kristen mean? I thought I was doing this to fix my problem!' So, let's undress this:

Let's say your goal or agenda is to "embrace Fear, as a way to feel better." Great! But pause, and ask yourself, do I really think that Fear can be trained to not be afraid, or to 'feel better?' Do I really think it's possible to make Anxiety transform into the voice of Calm? Do I really think I can ever turn Resistance into something that it's not, like the voice of Embracing? All this is akin to turning an apple into an orange. And, even if you could do any of these seemingly magical things for even a moment, ask yourself in the world we live in- how long would that illusion last?

Exactly.

Which is why, if you have goals or agendas or want to fix in any way these voices and therefore yourself, it's not only futile but rude to that voice, and therefore rude to yourself. It will only cause tension between you and them, which is the same as causing tension between you, and yourself. And all you've accomplished through all this effort, is you're back to where you started.

Here's what to do instead:

DO start each moment of awareness with an understanding, that “today, it’s NOT going to happen. I am NOT going to be free from Anxiety, Fear, Discomfort, Resistance or ANY of it.’ Do this and you’ll be amazed (stunned!) at how immediately and profoundly freeing that can be.

What happens next is, now you can also just be IN this practice, AND just BE all about awareness: of what you feel, how you treat Fear and its comrades, how and where you feel them- and that’s it. That’s your practice. It’s a practice of you, just BEING you- and being perfectly just the way you are. This is where real power lies. And ironically, over time without any effort, that simple merging with who and what you are moment to moment, will simply, and easefully make all your dreams come true.

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Similarly, DON’T: anticipate an improved you in the future. Don’t expect to come through the other side of this a “better, stronger, faster” version of yourself.

The reason why is: this is not about self-improvement in the way that you currently understand it. This is not about extending a huge amount of effort- like when starting a business or a diet/exercise program- where there’s a ton of work to get you somewhere or turn you into someone you want to be, someday.

Consider instead this Bruce Lee quote: “The less effort, the faster and more powerful you will be.”

Instead, DO adjust your usual approach to ‘problem-solving’, by focusing like I said, only on what’s true for you, right now, in this moment. There is no future, all there is, is right now.

Now, if you DO need a goal not based on the future but instead on right now, let me oblige you. See it this way: If you just let these voices BE like I keep saying, in the moment, and allow yourself to feel uncomfortable, you’re doing this to find a way to be content with them, even like them. To joyously accept the often-horrible condition of being a human being. To love everything about this life of yours, the good, and the bad, as it comes up. You are looking to even become content in any given moment -if this presents itself- with being miserable.

Anything else, will be you projecting about the future and trying to be something that you’re not- like a tiger who someday hopes to be a lamb, which is a whole lot of effort and struggle and suffering- ultimately to render you powerless.

But do this -be here and fully present, and merge with your truth right now- is how you become better, stronger, faster, not despite your discomfort but because of it, without a lot of effort.

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DON’T search for answers, clarity or certainty. Sometimes life isn’t about ‘figuring things out.’ especially things as ungraspable as what you’re feeling and why you’re feeling it right now. If we lived in a world

where everything can be explained, imagine what would get lost? Things like curiosity, an open mind, an open heart, new experiences every day, and more.

Plus, it's all so impermanent anyway, in six seconds whatever clarity you have (about anything) will change.

DO: Seek only questions. Knowing that you live in a world where not everything has an answer or can ever be explained or understood.

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Similarly: DON'T seek to have a logical take away from this practice. Don't try to make sense of Fear, of your feelings, of this game, of the practice, of anything.

When it comes to emotions, the harder you look for understanding, clarity, or a 'solution,' the more wondering 'how' takes over, and you're back in an instant to thinking instead of feeling.

DO instead, seek a state of Not Knowing, Not Seeking, Not Thinking. Like when you look at the rain- you can sense it, feel it, or at times even play in it so deeply you become it. In all this don't need to know what it means- do you?

Now I know, this can be hard. Consider the stoned guy filming and marveling over the double rainbow; yelling into the sky, 'what's it mean?!' You have a powerful grasping reflex. We all do. And, because we're never fully awake, your mind WILL wander back into the habitual pattern of judging, projecting and seeking. Which is why it's important to always come back to: Let it be. Let your Fear just, be.

The noticing and awareness is all that really matters. That's what leads to ongoing curiosity, an open mind, an ever-changing heart, and new experiences every day.

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DON'T cling to hope, which is all about the future—it just causes tension. This is especially important if what's true for you today is a feeling of Hopelessness.

DO roll with your Hopelessness, when it comes up. There should be some relief in this.

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DON'T go for Acceptance of these uncomfortable states. Acceptance is a step in the right direction, but it's ultimately a stuck place. A cop out. It reeks of "I wish it weren't so but there's nothing I can do about it," My least favorite sentence in the English language is actually "it is what it is." It is what it is- to describe Fear or Anxiety, is very disrespectful to these voices.

DO go for HONORING your Fear and Anxiety. Honoring it as the normal and natural, perfect design, of what we ARE supposed to feel and experience, as human beings. It has been honed through millions of years of evolution to help us be not just safe, but sharp, focused and magnificent. This 4-step practice helps you do just that.

Also go for INTIMACY. Take your heart (not your mind) and merge it with Fear, and become like toast and jam (and you'll be living a delicious life). Or Batman and Robin (unstoppable).

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MORE DO's:

- Be fully present when you engage in this practice.
- Ask the Controller to focus on the things it can control, not waste time on things it cannot control, and have the wisdom to know the difference.
- Feel Uncertainty if it shows up. Feel Confusion if it shows up.
- Take the cuffs off Fear and its associates, and empower them by listening to them, observing how they work, and remaining curious as you watch them do their jobs that only they can do. This is how you empower yourself.
- Find a way to have an ordinary experience with Fear—not an extraordinary one. The more profound realizations come from how ordinary you are. Less profound realizations come from trying to be extraordinary.
- Be on the lookout and willing to feel any of it: Jealousy, Insanity, Rage, Stupidity etc. Step through that door and this works for one simple reason: Any voice even somewhat embodied, no matter which one it is, means you're now having an intimate experience with the present moment and speaking truth. It basically puts you into a state of awareness itself (which is a huge step beyond self-awareness), and thus a bigger version of your Self.

And a bigger version of yourself, if you remember- makes these small salt crystals more drinkable.

DO:

- Whenever you feel lost or unmotivated, as much as possible shift into the open, empty, upright cup and start again.
- Realize that even if nothing happened yesterday, because today is not the same as yesterday and every moment is a new moment, know it's possible yet again to set yourself free to be you, 100%, with this practice. Always there is this possibility.
- If your cup ever feels full of opinions or habits, dump it out and become Beginner's Mind again, so there's always room for more learning. This is how, again and again, you can stay as neutral about what you're feeling as possible.
- Always come back to: keep trusting the Body.
- Realize that making the journey from the voice of your Head to those of your Heart and Body is what you're meant to do with your time here on earth. Switching from "I think" to "I feel," can be the longest, weirdest, most tumultuous journey of your life, but know it's also the most important.

DO:

- Practice all this, until you get really good at it.
- Allow the lessons and experiences to become integrated in your life.

DO all this, and what happens next is akin to chaos theory: Imagine looking at a huge chalkboard with an enormous mathematical equation on it. This equation represents your personal make up that is being carried out in your Unconscious Mind. In the lower right-hand corner, after many factors and square roots, is a final equal sign, equaling you.

Now, let's say somewhere in the equation, you become .01 percent more aware of even a single emotion. Somewhere in it then, a number changes from 0 to .01. Or perhaps you start experiencing Fear as a positive instead of a negative. That means that, somewhere in the equation, a minus sign changes to a plus sign.

You don't have to be good at math to recognize how these little changes radically affect the outcome—which is you.

All this is a way of saying: no need for grandiose effort, we're back to our mantra; LITTLE SHIFTS are all it takes.

This is how, over time, the more you own your shadow without goals, agendas, hope for a better future and more --after a month, a year—you'll start to notice things are shifting. And the beauty is: you don't even have to know along the way what any of it means or where it's going. The murky water that is your life, simply becomes more and more clear. Everything will start to make sense.

And it won't have happened with but a breath of effort.