

4-Step Art of Fear Method and Advanced Bonus Step

Your New Art of Fear Practice, Step by Step

"The best way to make dreams come true is to wake up." – Paul Valery

Here is the outline for your 4-Step Art of Fear method, in a one-page document. Please print this out and keep it with you until these skills become innate.

I recommend doing this at home, at least once a day, more if you feel inspired or are dealing with a lot of discomfort that day. I also recommend doing this before any scary experience, or at night when you can't sleep.

Close your eyes, and keep them closed throughout this practice.

1. **ACKNOWLEDGE that it's natural and normal** to feel fear or other discomfort. Life is both a scary and an uncomfortable experience. You ARE supposed to be feeling this.

As you move on, keep in mind our equation: $\text{Suffering} = \text{Discomfort} \times \text{Resistance}$

2. Now, leave the mind behind. Do a body scan, **LOCATE the sensation** of discomfort in your body. (Note: fear usually has something to do with it). Notice: **what** it is that you feel, **where** the feeling is located in your body, and **how strong** it is.

3. Next, **NOTICE**: what is your relationship with that discomfort? Keep in mind, **resistance** comes in many forms: including ignoring, avoiding, controlling, fighting, rationalizing away etc. (See flight list if you need more help). Also notice, how strong is your resistance?

Notice that your resistance contributes to suffering. Also notice that your resistance prevents you from feeling your discomfort in an honest way. Given this, if your resistance is strong, first spend 1-10 minutes embracing it without trying to get rid of it, before moving on. You do not want to resist your resistance!

4. Once that has been acknowledged, now the best part begins. You own and honor your discomfort, by **FEELING it all the way**, *without trying to get rid of it*. Do this for between 1-20 minutes.

Tips:

-Stay in your body --not "focusing" on these feelings with your mind, but rather *embracing and feeling* them

-Nor are you trying to ramp them up. Just feel whatever is organically there, in the simplest, deepest of ways

-The feeling may grow stronger at first, especially if you've been resisting it for a while, and then it should start to dissipate

-If it doesn't, notice if you're in head or if you're doing this method as a way to make it go away. Either won't work. Instead, get back in your body, and adjust accordingly

Bonus: Advanced Step

(Not to be experimented with until you've spent sufficient time engaged in steps 1-4.)

-Toward the end of step 4, after feeling your discomfort for a spell, now notice the percolation of energy found in that sensation. Merge your breathing with it. See how it offers you heightened awareness, focus, presence and aliveness, and is a high vibration resource.

-Next, ask the discomfort the following questions:

1. Why have you been trying to get my attention? (Hint: Is it merely saying, "*pay attention to me- stop resisting me!*" Or is there something else that you've been ignoring in your work, relationships or life in general, and the discomfort is trying to get you to deal with that problem?)
2. What is your wisdom? (Hint: for example, pain may say; *embrace me and you embrace the nature of life itself.* Or, it may say; *hey, you're injured, back off.*)
3. How do you motivate me?
4. How do you energize me?
5. How do you make me more creative?
6. How do you add to my aliveness?