

Shane Warren Coaching & Counselling Services

Changing lives through simple solutions!

...EXERCISE FOR BURNING YOUR FEAR...

For this exercise you must be in a place where you can safely burn a piece of paper. I recommend a sink where you can put out a fire need be.

Write down you fear on a piece of paper. Write as many different kinds of fears or fearful outcomes as you wish. Draw your fear if you can. Use colures - markers, crayons, ribbon or pencils. Allow your most childish impulse to emerge. Do not hold yourself back.

When you feel that your dear has been adequately expressed on paper, take it to be burned.

Before setting a match to your paper, take some time to imagine that you are surrounded by white light. Know that your fear cannot penetrate your light barrier.

Set your fear on fire. Allow it to burn thoroughly.

Take the ashes outside to the garbage and toss them away.

Source: The Executive Mystic by Barrie Dolnick