



Lucie's News - September 2018

Healthy Mind, Healthy Body, Wealthy Living!

VOL #5



Dear friends, clients, colleagues, and future readers. **How to move forward in spite of fear...**

As mentioned, last month was about facing fears. As



promised, this month I will provide you with new ways to look at fear and provide you with a short process that has helped one of my friends dealing with anxiety (a type of fear). There are many types of fear that people face daily. From my experience FEAR takes place because we give it a lot of importance. I recall many times making stories about not taking actions and find justifications for myself. The reality is that I failed many times, I was afraid to fail again and did not want to **feel the emotion** that goes with it. The problem with that behavioral pattern and thought process is that, it leads to inaction, to status quo. One of the worst things to do when facing fear is to entertain them by thinking and talking about them, as it recreates them in our own universe including the emotions attached to them.

FEAR IS THE NEXT MOOD ABOVE SADNESS.

ASK YOURSELF THESE TWO QUESTIONS...



Understanding fear! Under fear lies sadness. Usually there is a reason that created the emotion of sadness/fear at the first place and people mistake this situation. Being truthful with oneself about what really happened solve it at 50% right there. As mentioned, in the last issue, fear is an illusion of the mind. Often people tell me that they cannot let go of fears, I ask: **“When did this fear began? and If that fear would vanish tomorrow what would happen to you?”** Habitually there is an unknown attachment to the fear that people are not aware of. These two questions begin the process to bring awareness to the client. Frequently the fear is attached to past events, lack of skills, absence of abilities, low self-esteem, little self-confidence. Once a person finds the truth within, worked the skills and abilities the fear vanishes.

THE ONE AND ONLY WAY TO MOVE PAST FEAR | OPRAH WINFREY

<https://www.youtube.com/watch?v=H5ySWB0UgE0>



One of my teachers Christian Minson a past monk says: “that fear is felt when we are thinking about the past and anxiety relates to worrying about the future. In both cases we are not **living in the moment**. When we are in the NOW no worries, fears can exist.”

HAVE YOU EVER FELT ANXIOUS TO THE POINT THAT YOU FEARED THAT YOU COULD NOT DO IT ALL?

One of my good friends shared with me a great technique called **“Rising & Falling”** that was taught to her to release anxiety in seconds. Shawn Pritchard does not own this technique, it was taught to him from the monks in Tibet and taught it to her. It is a 5-second meditation technique; whenever she felt anxious, overwhelmed, stressed out...She would...

Stop.

Breathe in.

Sub-vocally say: “Rising”

Breathe out.

Sub-vocally say: “Falling”

The moment you put your attention on “Rising” when your chest expands and rises, and “Falling” when your chest deflates and falls, **YOU ARE IN THE MOMENT**. At first, it would take 3 or 4 Rising and Falling to calm her down. Then she would just do a Rising and Falling as she felt the need, and now she does it unconsciously all the time. This practice completely changed her life.

I really like this technique as it brings you right back in the NOW, in the GREEN ZONE as we call it in my work, the most powerful STATE OF BEING to achieve your desires and wants in life. Hope you enjoyed this issue. Feel free to email me your comments.

To Your Mind-Body Well-Being,
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