

# THE PRACTICE :: EXPAND BEYOND FEAR

## EGO BUSTER

*This list is by no means comprehensive, and not all of the answers will apply to every fear. Use what works for you. Also come up with your own answers! Just be sure to write the answers in your journal/on your exercise.*

How am I being dishonest?  
(Some possible answers.)

- ▽ “This is the end of the road.” (If what you’re wanting doesn’t show up this month or year, it’s still fucking coming. Hold the vision.)
- ▽ “This is an either/or situation.” (It’s both/and. I can love this person *and* want to leave. I can accept myself as I am *and* want to change. I can be broke *and* on my way to wealth.)
- ▽ “This will go away if I just ignore it.”
- ▽ “I need to wait for the fear to go away before I take action.” (Faith comes *after* you do what scares you, not beforehand. That’s why they say faith without works is dead. First the works, then the faith. So in order to build faith in yourself and life to support you, don’t wait for the fear to go away before you take action—*do it scared.*)
- ▽ “This shouldn’t be part of the process.” (Sometimes the process is uncomfortable. Most transformations worth having involve an uncomfortable process; don’t resist the process. Allow, allow, allow.)
- ▽ “If X happens, I won’t be able to handle it.” (You will handle that shit like a queen.)
- ▽ “The only way I’ll be happy is if X happens to me exactly how I imagine it.” (The truth is, we don’t know what will make us happy! Trust.)
- ▽ “It’s my business what other people think of me.” (Not your business!)
- ▽ “I know the outcome that would serve the Whole in this situation.”
- ▽ “It’s possible for someone to give me ENOUGH external validation to make me feel confident and good about myself.” (It’s a paradox: if you seek validation from other people, even if they give you what you want, eventually it will wear off and you’ll go back to doubting yourself. Build yourself up from the inside: prayer, meditation, estimable actions.)
- ▽ “They’ll judge me.” (You cannot be persecuted. You cannot be judged. Do not “make it real” by reacting to other people with anger or fear.)
- ▽ “If I hide out, nobody can hurt me.” (People can hurt your human self in all sorts of ways—hiding out just *adds* feeling suppressed and limited to the pain. Show up. Get human-hurt. Show up more. Let them “judge.” Show up again. Your divinity cannot be hurt. Your divinity is invincible.)

- ∇ “If I do this perfectly, I won’t get hurt.” (*Perfectionism keeps you stuck.* Perfectionism is self-sabotage masquerading as excellence. Eventually you’ll reach your own standards of excellence, but for now you have got to let yourself suck at whatever you’re doing, whether it’s having a hard conversation or sending tough emails or replying to email swiftly or making art or running a business or posting on social media or doing relationships or staying out of victim mindset. Keep putting it out there. Let yourself be bad until you’re excellent.)
- ∇ “My identity comes from my business/success/relationship.” As a human, you have an identity, but as a spirit or soul, identify with nothing. So start by identifying with your spirit. If you have no identity, there is nothing to resist. When you have no resistance, everything good can get to you.
- ∇ “I’m doing my best.” (Sometimes, the truth is, we’re not doing our best. So do your fucking best!)
- ∇ “I’ve taken actions.” (Sometimes we’re afraid because we haven’t taken action. Take action! Sometimes the action is to stop doing something...)
- ∇ “I am the best judge of this situation.” (If this is an area of life in which your thoughts tend to go haywire, call a friend who has what you want in this area and let her be the judge. But always follow your gut.)

**How do you try to stop what you fear from happening *or* numb the feeling?  
(Some possible answers.)**

- ∇ Try to control the outcome
- ∇ Overwork
- ∇ Over-prepare
- ∇ Try to prevent pain or “bad things” from happening
- ∇ Try to control what people think (perfectionism, avoidance)
- ∇ Try to “fix it”
- ∇ Delay handling it
- ∇ Live in denial
- ∇ Give up
- ∇ Hide out
- ∇ Obsess
- ∇ Overexplain
- ∇ Freeze
- ∇ “Process feelings”
- ∇ “Check on things”
- ∇ Have conversations with ulterior motives
- ∇ Fantasize about bad things/good things happening
- ∇ Give less than my best so I never have to find out if it doesn’t work
- ∇ Drink/eat/check Instagram/shoot heroin/be overly positive

How would you handle the worst-case scenario as your most courageous self?  
(Some possible answers.)

- ∇ *Emotionally* release resistance: allow everything. (It's a paradox: emotionally allowing what you fear to happen releases resistance and makes you more effective in the situation. Depending on the seriousness of the fear, this can take practice. The guided meditation will help.)
- ∇ Allow other people to think whatever they want or need to think, even if it means they are "judging" you.
- ∇ Allow people to be exactly who they are and where they are.
- ∇ Build an internal source of validation: prayer, meditation, use The Practice to reframe your thoughts and beliefs, and take courageous actions.)
- ∇ Allow the process (whatever is in process for you) to be uncomfortable.
- ∇ Allow it to be a bumpy ride.
- ∇ Hold the vision. Keep the faith. Practice getting in the vibrational frequency of that which you desire. (Imagine it is *already* yours.)
- ∇ Take the action you're afraid to take, but you know your heart wants.

Relative to this fear, what new beliefs about yourself, your life, and life in general would you like to create?  
(Some possible answers.)

- ∇ It's okay to be afraid.
- ∇ I can take actions while I'm afraid.
- ∇ I'm brave enough to be bad at something in public.
- ∇ I allow people to be exactly who they are and where they are without my trying to change them or interfere with their process.
- ∇ I can handle a bumpy ride.
- ∇ I seek my self-esteem from God or the Universe: prayer, meditation, The Practice, and courageous actions.
- ∇ What I desire is on its way.
- ∇ I have every reason to trust myself. (You know you have the right answer if you are at peace.)

## ACTION PLAN

(Some possible answers.)

- ∇ Remind yourself of how you would handle the worst-case scenario.
- ∇ Allow, allow, allow: *emotionally* release resistance.
- ∇ Mantra in your new beliefs. (Rewrite the new beliefs in the Action Plan sections. A practice you might like to try is to write your new beliefs 10X every morning for a week or longer to stamp them onto your mind.)
- ∇ Quit doing the things you do to try and stop what you fear from happening *or* numb the feeling (all of your answers to question #2). That said, in some situation, you will of course want to take practical precautions to prevent what you fear from happening. For example, if you are afraid of getting pregnant, do not stop using condoms. If you are afraid of a fire, make sure you have a fire detector with working batteries.
- ∇ Take the scary action you've been avoiding. (Write what that action is.)
- ∇ Trust yourself and act accordingly. (Write what trusting yourself looks like.)
- ∇ Do your best. (Write what your best looks like).
- ∇ See this as a both/and situation. (Write *your* both/ands.)