

## Six Steps to Move out of Fear into Love

By Amanda Moxley

My intention this month is to live in love like a child.



Being a new mom to a precious angel baby has softened my heart and allowed me to see the world through the eyes of a new born baby. Babies are our greatest teachers of learning how to trust. After all, they're born into this crazy world bald, toothless and bare naked. It's hard to imagine that you were once this tiny and trusting of everything in the universe.

**What if you lived just one moment of your day today trusting the process of life absolutely?** What if you could let go

completely and live in the flow like you did as a baby?

**New born babies live in trust.** They are the oneness of all things. They don't experience boundaries, limitations, separation or fear.

Join me this month, reclaim your child like innocence and live in love.

This may be your greatest challenge because fear creeps in everywhere you turn.

But like President Roosevelt said, "the only thing we have to fear is fear itself." An acronym for fear is "false evidence appearing real." Fear is deeply rooted in feeling separate from your source.



**Your highest and true self resides in** trust, faith, love, unity, generosity, compassion and grace. Your true self is limitless, formless, omnipresent, whole, everywhere and nowhere. This is who you really are! Look at a baby to remember.

The ego or lower self is associated with feelings and thoughts of competitiveness, fear, anxiety, worry, doubt, greediness, depression, judgment, criticism, loneliness and separateness. The problem is that most of us adults identify with our thoughts, moods, emotions and feelings. We believe we are the depression and the anxiety. But that is not who you are! At your essence you are your highest potential, your childlike innocence.

Six Steps to Move out of Fear into Love:

Step 1. **Become aware!** Notice when you go into fear mode about money, your

future, your family and or about your food choices. When you live in love you effortlessly choose to nourish your body and spirit with delicious and nutritious food. When you live in fear you eat for comfort and to stuff emotions.

Step 2. **Stop and feel the fear.** What are your sensations and thoughts? Are you freaking out about the future? Have you escaped this present moment? Are you breathing? What does your breath feel like? Is it tight, shallow and restricted? Most likely yes. Fear can't live in an oxygenated body.

Step 3. **Enjoy three deep, long and slow breaths with your eyes closed.** Breathe in deeply from the soles of your feet through your legs, into your hips, belly, chest, face to the crown of your head. Exhale your breath and feel a beautiful aura of white light surround your body. Repeat.

Step 4. **Use discrimination!** Identify if your thoughts are rooted in fear or love. Recognize that you are not your thoughts.

Step 5. **Relax your mind** by going for a walk, take a bath, practice yoga or talk with a conscious like minded friend or your Body and Soul Coach.

Step 6. **Know that you have two choices in life to either live in fear or love.** You are a very powerful being. Living in love is a choice and you can do it!

Love,

Amanda

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