

# Cha-Cha-Cha-Changes!

## From Fear to Freedom

We sure are going through historic times! Our world is in total transformation on every level. I'd like to think this is not about how bad things are, nor how good they are. Things are definitely BIG!

As our world is experiencing major shifting, we can feel it's like an emotional earthquake. Not only do I have clients calling asking what is going to happen, or how to deal with their own internal changes, but people are wanting to know what this upheaval of energies is truly all about?!

My answer is that we are changing; going through growing pains, learning about our own deep feelings and how they are affecting us individually. The term, "as within, so without" comes to mind. There are many internal fears coming up as these changes come about and trigger our nervous system.

From childhood, we have all had survival fears on some level. Well, these fears are being challenged right now, and as I see it, it's time to confront the boogie man, or the monster under the bed. Fear is real to us and stops us from applying our true self to the alignment of the reason why we were born.

Fear comes in all sizes and shapes. It is emotional, mental, spiritual and physical. The fact remains that fear is a blocker of freedom. Subconsciously, we use it by thinking it's a form of protection when we're kids, which can create a lifelong pattern. We may find later in life that fear attracts more of that and we subconsciously wait for something else to trigger it, like waiting for the other shoe to drop.

As children, we weren't conscious of creating fear, however we were more conscious than we give ourselves credit for. This is why many people don't remember their childhood. The subconscious choice is to block that too.

The truth is that we protected ourselves when needed, and that taught us not to trust. It's amazing how many people today have trust issues. And yet, most of this is within, which bears the question: how much do we really trust in ourselves? Surrendering to this fear is

necessary in order to regain internal trust. The benefits of this will be amazing! Keeping optimistic will help to find the internal solutions to be able to confront these fears.

Remember that fear likes emotion to be rattled and our reactions can be intense when this is confronted. Internally, it's like we are in a Star Wars movie! There is a Jedi force that is real and awaits your command. In order to learn the easier way vs. the hard way, our perceptions are the force in action, and our words are like light sabers!

Stay in the moment, be your own leader, and you will not "survive"... you will conquer and thrive.

Here's to our changes and to the Force within guiding us every step of the way!!

**All My Love ~ Mona**