

Fear Release Technique

Recognize Fear-Based Thoughts:

- Identify thoughts rooted in fear, scarcity, or lack as they arise.
- Understand that these are products of your ego personality, not your true self.

Practice Mindful Observation:

- Observe these thoughts without judgment.
- Acknowledge them as ego programs, separate from your core essence.

Writing Exercise for Release:

- Before going to sleep, write down all the fear-based thoughts you've noticed.
- This act helps in externalizing and confronting these fears.

Request Subconscious Cleansing:

- Request your subconscious mind to clear, cleanse, eradicate, remove, and dissolve these fear-based thought forms.
- Envision these thoughts being replaced by feelings of pure love, abundance, and expansiveness.

Intention Setting for Dream State:

- Set an intention to remove these fear, lack, and scarcity-based thought forms during your sleep.
- Believe in the power of your subconscious to work through these issues while you rest.

Call Upon Higher Assistance:

- Before sleeping, call upon your higher God Self, angels, guides, and any benevolent forces you believe in to assist in this process.
- Request their help in removing these fear programs during your dream state.

Trust and Let Go:

- Have faith in this process and in your inner ability to overcome these fears.
- Let go of the need to control the outcome, trusting that the change will manifest.

Reflect and Reassess:

- Upon waking, take a moment to reflect on any dreams or feelings.
- Acknowledge any shifts in your thought patterns or emotions.

this technique aims to use the power of the subconscious, along with spiritual support, to transform fear-based thoughts into empowering beliefs, leveraging the restorative state of sleep for deep psychological change.