

Module 2

Releasing Fear

Letting go of fear and moving forward.

FEAR is the biggest block to abundance. Letting go of fear will allow you to move forward.

In this module you will:

- Face your fears and take away their power
- Learn how to distinguish between true and false fears
- Release fear and watch abundance grow
- Feel worthy of Love, Joy, and Prosperity



Review of Module 1

What thoughts did you discover that were blocking your abundance?
How did you feel after listening to the meditation? Did it help you shift into thoughts that put you into the vibration of abundance?
What manifestations did you see in reference to abundance this last week?

Release Your Fears

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Face your fears and take away their power

Facing your fears is the first step you are going to take. Write down all the things that are currently causing you fear, worry or anxiety.

1			
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Next take time to journal about each of these and determine if you

Distinguishing between true and false fears

are in real danger or if the danger is imagined and may never actually happen.	
Write down the false fears below.	
1	
2	
3	
4	
Now write down any real fears that remain.	
1	
2	
3	



Release fear and watch abundance grow

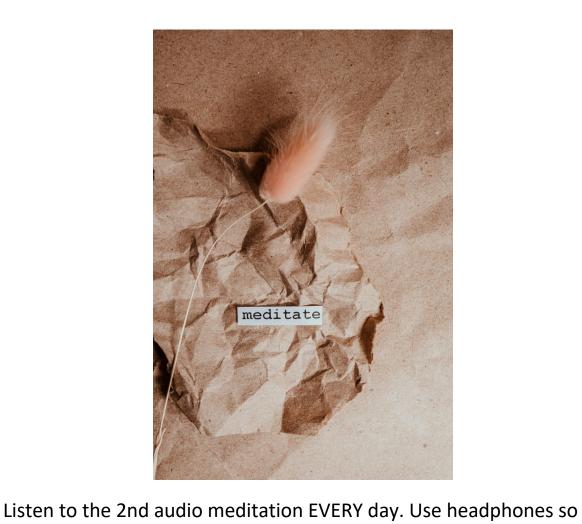
We are now going to begin to release these fears so that you can manifest the abundance you want into your life.

Write down your first fear
Take time to imagine the worse-case scenario. Let all the fear, dread etc. come forth. Write it all down.

Next write what is the exact opposite of what you fear?

Write the best-case scenario for what your life would be if the exact opposite of your fear were true.
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Do the same thing with each of your fears.
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Now write a story of how your life would be if the **opposite** of all of your fears came true.



you will not have any distractions. Below, write how you feel each day after your listen to the recording: