



Guided Meditation – Releasing Fear

Choose a quiet place where you won't be disturbed as you are learning this technique.

If you are really stressed and you feel you simply can't relax, engage in the Guided Technique to release the stress in your body to come to a place of rest.

Get comfortable – loosen any tight clothing – cuddle in a warm blanket.

This time is for you. As you listen to the words, they are simply to guide you – to help you to focus your energy – if you get distracted just come back into the moment.

This guided time is simply meant to lead you until it becomes easy to be directed in the consciousness of your own responsive meditation to receive direction from within.

Remember, The Kingdom of God is within you. You are so precious, so loved. This is your time to simply connect **into** the Divine Heart of God our Father.

Remember, where we place our consciousness is the place that our energy flows.

This is not a time for you to feel that you have to do anything – this is the time where you allow God to work within you.

Simply surrender - remember that the One who created you, who loves you with an everlasting love, and knows your every need. Trust in Him

Close your eyes and Breathe in the Breath of Life –this time just for you!

BreatheRelease If you feel resistance of any kind – just breathe and let it go.

As we begin, know that Fear is it is not just an enemy – Fear actually has many faces. Fear may be a lie. Fear may be a real danger. Fear may be a thoughtful imaging of something that hasn't even happened. Fear might be an alert system that has been activated for your good to affect change in you.

Fear can prevent you from moving forward in an area of your life – Real or perceived, Fear carries a strong emotion.

This is a time to let not give fear a place within you so that you can come into a place to clear your thinking and to refocus.

Breathe – Breathe in the Breath of Life - release

Fear is a trigger that may create tension in a part of your body. When this happens it might make you feel anxious – you might want to figure it out. This is not the time. Let go of trying to control – release yourself to a bigger plan.

Breathe

If you have done the relaxation technique, and your body still feels an area of tension, allow yourself to breathe into that place and feel it.

Then breathe and let it go. Let go of any tension in any area –

Now, Rest your entire body as though it was in a feather bed. Let yourself sink into it.

Breathe. . .

Feel the bed rising and floating – you are going up and up – the air is clear and it is very quiet - You can feel yourself leaving everything behind – in this place, you are separated right now from all . . . tensions or anxiety –

You go into a place that is familiar - yet new – you are relaxed – your mind is at rest. This is your time.

Each breath helps you to expand your thoughts of rest – with each inhale you remember that you are created in the Power and Majesty – the Image of God.

You have the DNA of Yahweh – you can breathe out the Living Letters –They are encoded in your very being. **Yod Hei. . . Vav . . . Hei. . . .**

You are in infinite space – resting in infinite space. In this place. . .

You are becoming ONE in the Intelligent Consciousness of Yahweh.

Keep breathing . . .

You may feel yourself dissolving and merging into the reality of ONENESS.

Just let it happen – this is your moment – this is your place it is outside of time and space.

There is an amazing light around you – it is soft but you can sense the frequency.

This frequency is an infusion of infinite Light. Let yourself surrender into the embrace of this light that's holding you – you remember . . . I am the Way, I am the Truth, I am the Light. This Light is the place of pure Love.

Breath in LOVE – release it . . . Breathe in Rest release it . . Breathe in Gratitude . . . selah

Perfect Love casts out ALL FEAR - fear is not a sustainable emotion.

Fear has no place in you –

Perfect Love permeates your entire being –

You were created in Love – by Love – in the image of Love.

Love always was - Love always is – Love always will be.

You are loved with an everlasting love.

This is your truth and reality. This is your being.

Beyond all that you deal in your life, Love is the prevailing truth of who you are – **I AM LOVE**

You remember Love has ultimate power.

Breathe in Love – experience the reality - bring it into your heart – see it planted as in a garden – feel it rest there.

Fear has no place in your garden – like a weed it is easily picked out and disposed of.

You are LOVE

Remember who you are. You remember - "As He is – so am I in the world . . .

I AM Divine Life. . .

I AM Divine Love . . . connected with the reality of the Truth –

I Breathe in only Life – I Breathe in only Joy – **I breathe in only Love**

Now, set your intention to see your life free from fear – what does it look like? What does it feel like? What are your choices to your life's journey? What people are you peaceful with on that journey?

BREATHE. . . .

As you enjoy your place of complete rest here – you may feel the Divine Light surrounding you and. . . NOW. . . give all fear into the hands of Yahweh – to your Creator who is always present, within you – surrounding you.

Release it now completely with Gratitude knowing that you do not have any care for it.

From your heart's strength, from your heart's wisdom, you might whisper, "I release fear and any of my emotional attachments to it. I release completely any cooperation I have with fear in thought, word and deed."

"I surrender myself into the beautiful truth that I AM LOVE."

I am grateful for mercy, compassion and justice that is created within me. I am Grateful For Wisdom, to be able to walk free and I am truly Grateful to know that I am never alone.

I AM always One with my Creator.

Heavenly Father. . . Yahweh - Thank you for your Presence and Love – Thank you for continued Strength, Wisdom and Knowledge in all of my life's journey.

Thank you that **I AM free** from all Fear – Thank you especially for Your Light of LOVE that you created me with. I now completely rest in You. . . in perfect Love. . . **I AM**

REST REFLECT. . . .

Now as you return – to the place of rest – that soft landing place will give way to the reality that you have allowed yourself complete release. Go into that place where, going forward, you walk free. Wisdom will guide you and best of all, you have been to a place **you can go anytime** for any reason. If you need to remember or be refreshed return to that place . . .

YOU ARE NEVER ALONE