

# Into the Flow

## Cultivate Your Creative Essence with Liesel Riggsby

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### **Writing Invitation #1 – Release Fear and Align with Trust**

The first step in releasing fear is to get crystal clear about what it is you're really afraid of. This exercise is helpful in bringing your fears to the surface so you can start to develop a healthy relationship with them.

- 1) Make a list of the things that stress you out or make you feel afraid. Is there a common theme among them?
- 2) Think about one of the items on the list and notice how you feel in your body. What's the sensation? Where is it in your body? Have you felt it before? How long has that feeling been with you?

Now go through the remaining items on your list and do the same. Feel into your body. Notice if they all feel the same or if some are different.

- 3) Take a few minutes to be present with the energy in your body. Breathe into it and stay with it for as long as you can. If you start to feel stressed by thinking about it you can tap through the EFT points (without words) for relief. See the video in Lesson 1.
- 4) How do you normally respond to your fear? What are your typical coping mechanisms? How do they feel? Supportive, destructive or both?
- 5) Now that you've brought it all up be sure to go and listen to the Inner Light Connection Meditation (on the Welcome Page) so you can come back to center.

**In next week's class I'll be teaching you my favorite tools for releasing fear and coming back to trust.**