

Understanding Fear

Honing your senses...

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FEAR

When we understand what fear supports us with in relationship, we can finally and completely rely on our intuitive instincts within our lives.

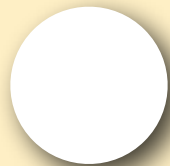
Honing your Senses...

Fear is alerting us to pay attention to our instincts. It serves us by letting us know that we should be accessing our intuitive skills.

Fear instantly calls you to Awareness... it says, wake up, notice what's going on.

Welcoming fear instead of avoiding it, can support you with honing your sensory skills. You will become highly attuned to your inner voice of higher guidance. Fear causes our energy to scatter. So when you feel fear, then call your energy back in to your center, so that you have the Awareness of what to do next.

Fear can save your life!



Fear In Relationship:

Fear says pay attention to what is going on in your environment and surroundings. What's hanging in the air?

Bring out your inner detective to seek out the presenting problem with a clear mind. Is it fear of losing someone or fear of loss of control in a relationship? Fear of opening... intimacy... falling for someone?

Is it fear that they will see the real you? If you are scattered in your energy you will feel weak or incapable... pay attention to the indicator... what is it prompting you to do?

ASK: What immediate action should be taken?

