

LOVE

LIGHTNESS

ACCEPT

HARMONY

SURRENDER

EQUAL

PEACE

FREEDOM

UNITY(at-one-ment)

UNCONDITIONAL

UNLIMITED

GRATITUDE

JOY & HAPPINESS

POWER

HEALTH

PERFECT/WHOLE

ABUNDANCE

SIMPLE

FLUID & MOVING

OPEN

HUMBLE (teachable)

BEING

RELEASE

CONFIDANT

ALLOW

INNOCENT (grace)

TRUTH & REALITY

CHANGELESS

INVULNERABLE (safe)

PRESENT

INTERNAL (within)

ENOUGH

90% SPIRIT

FEAR

DARKNESS

COMPARE

CONTENTION

CONFRONT

COMPETE

CONFLICT

CONTROL

SEPARATION

CONDITIONAL

LIMITED

UNGRATEFUL

SAD/DEPRESSED

POWERLESS

DISEASE/PAIN

IMPERFECT

SCARCITY

COMPLICATED

STUCK

CLOSED

ARROGANT

DOING

HOLD ON TO

INSECURE

ATTACK

GUILTY

ILLUSION

CHANGING

VULNERABLE

PAST/FUTURE

EXTERNAL

NOT ENOUGH

10% DENSITY (PHYSICAL)

Enclosed is the Love/Fear list.

Print out the list and fold lengthwise in half. Keep it in a convenient place like your night stand etc.

1. When you are feeling bad, look at the list on the "fear" side and find what feels closest. If you think of something not on the list write it on. Realize that this emotion is coming from a limited place wanting attention or recognition.
2. Say, "thank you for sharing." You are acknowledging the ego's need for your recognition.
3. Release the thought and emotion with the out breath and breathe.
4. After some time, it becomes clear how much energy is invested in the "signature" of fear, understandable especially when challenging situations arise.
5. The divided piece of paper represents the "limited mind." Healing begins when one opens the piece of paper with the realization that both columns represent life "here," not vested in either side. Both sides of the paper represent the "whole".

We'll speak about this list further the next time we talk. Try to be consistent.

Love.

Cynthia