



HCI | **EVOLVE**
Summit

How to Lead and Thrive
Personally and Professionally
as a Coach in 2020 And Beyond

M A Y
01 & 02
2020

My Beautiful Fear

My beautiful Fear...

I release you. The one I used to hate. I release you.
I release you. The mirror that let me know me. I release you.
I release you. The shadow of my light. I release you.

I release you. My beautiful Fear. I release you.

My beautiful Fear...

I give you back to protect another.
I give you back to those who need you more.
I give you back to claim my freedom.

I give you back. My beautiful Fear. I give you back.

I release you with all the pain.
I release you with all the trauma of my past.
I release you. My liberation is your freedom.

You. Are. Not.
You are not for me.
Anymore.

I release you. My beautiful Fear. I release you.



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I give you back to the ones that hurt and pillage.
I give you back to the ones who cheat and steal.
I give you back to the ones who lurk in the shadows.

I give you back. My beautiful Fear. I give you back.

You can no longer keep me from what I want.
You can no longer protect me from love.
You can no longer keep me living in the past.
I am done with you.

I am done. My beautiful Fear. I am done.

I am not afraid to be hurt.
I am not afraid to be angry.
I am not afraid of the darkness.
I am not afraid to be light.
I am not afraid to be hated.
I am not afraid to be loved... to love... to love the I know as myself.

I release you. I release you. I release you.

You can no longer live in my skin.
You can no longer hide in my ears, my eyes, my voice
You can no longer reside in my heart.

I am free. I am free of you, my beautiful fear. I am free.