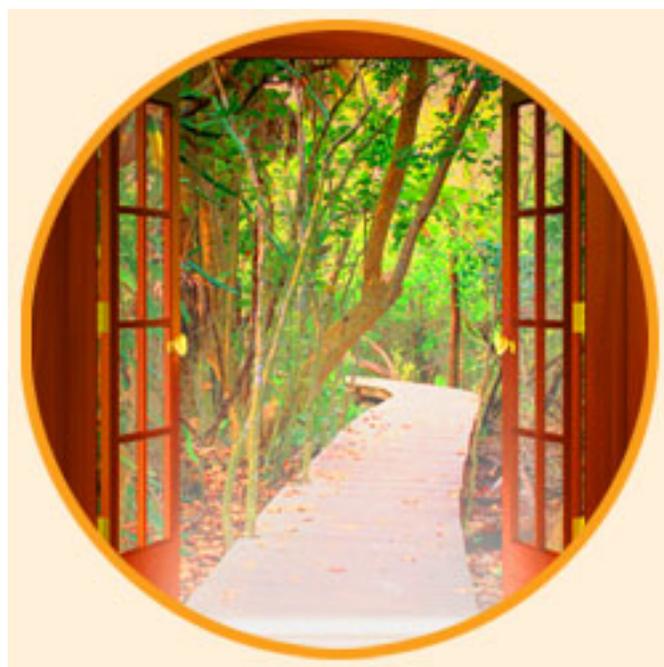




**YMM Bonus: Alchemize Your Fear  
into Faith and Fuel: Energetic secrets  
to attracting the money you deserve**



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## *What is Fear Really?*

At the simplest, most basic level, fear is energy. Most of the time, it's a relic of our ancient biology or from our conditioning, the beliefs that we grew up with.

Here's the most important thing to know about fear – most of the time it's lying to you and it's trying to keep you comfortable.

### *Source #1 of Fear – Ancient Biology*

In ancient times, it was often true that if we didn't do what the tribe did, if we didn't follow the rules, if we did things our own way, we could get killed by predators, or even by the tribe.

However, this just doesn't hold true anymore in many parts of the free world. So, just recognize that your biology is a bit outdated and could use some updating.

### *Source #2 of Fear – What We Were Taught Was True*

Our families want to keep us safe and they have developed ways of being that keep us safe.

For instance, my parents taught me that in order to be safe, I needed to choose a safe career that would make me good money. That's why, even though I knew from a young age, I wanted to be a leader in the personal growth and transformation industry, I didn't pursue that.

I stayed in my comfort zone.

However, that ended up actually being an unsafe choice for me because I felt like I was dying inside and like I would self-destruct. What I was told was safe ended up being unsafe for me.

Has this ever happened to you? Are you doing this to yourself right now? Is your mind protecting you from taking the action that would free you?

It wasn't until I was in the dark night of my soul that I was willing to let the worries of my mind go and take the courageous leap.

Everything looked perfect on the outside, but I was totally miserable. The only bright spot in my life was my fabulous son. I knew that for him, I had to keep trying. That I couldn't give up. And, I didn't want to hurt my loving parents by leaving the planet before they left it.

In that moment, I knew I had no other choice but to face my worst fears, fear of divorce, fear of sales and marketing, fear of losing the security of my corporate work and wondering how I would support my gorgeous son if I left the security and didn't make money in my business.

I let things get really bad before I changed everything, before I stopped letting my fear stop me and walked towards it and through it. Don't let things get so bad before you tune in.

## *Homeplay*

### **Part 1**

What is a fear that is stopping you right now? Walk towards it now.

Tune deeply into your divine purpose and mission. Follow your inner guidance. Take the actions, you are guided to take.

And, when fear comes up, instead of rejecting it and running from it. Welcome it. It's just a different energy. Start talking to your fear. Make friends with her. Get to know her. Ask her what information she has to share.

Sometimes the information she shares will really help you take more effective action. Sometimes, you will need to calm her and soothe her like a little girl.

In my advanced course, Women's Business Leadership University, I facilitate this kind of process for my ladies as they leap into scary, expansive inspired action.

### **Part 2**

A great way to get over fears is to take on something that is bigger than what you can hold right now. For instance, when I started my biz, I took on running a telesummit. I used my fear as fuel and by the time I finished, that set of fears was gone. What is something big that you can take on that will force you to face and navigate your fear in order to get to the other side of it. A big goal is a great fear alchemizer!

### **Part 3**

Here's another thing you can do to alchemize fear – learn to enjoy her energy. Open up when you feel her approaching, instead of contracting like you probably do. Fear can actually be quite exhilarating, especially if you do the thing that scares you.

## *Support in Helping You Tune Into Faith*

Check out this mantra and these questions<sup>1</sup>:

**Mantra:** All of life comes to us with ease and joy and glory. Say 10 times in the am and 10 times in the pm

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<sup>1</sup> Questions derived from [www.AccessConsciousness.com](http://www.AccessConsciousness.com)

<sup>2</sup> These quotes are taken from a post written by Tom Suddess on May 5, 2009 taken from this web site: [http://www.forimpact.org/2009/05/take\\_a\\_quantum\\_leap.php](http://www.forimpact.org/2009/05/take_a_quantum_leap.php)

## Powerful Questions – choose several daily

- What energy, space and consciousness can I be to welcome my fear, to walk towards it, to alchemize it into energy for my mission?
- Who am I today? (You can choose someone new to be! How fun is that?)
- What grand and glorious adventures am I going to have?
- How does it get any better than this?
- What would I like to create as my life?
- If I was creating what I really wanted, what would it look like?
- What would I like my life to be like if I were choosing everything I really wanted?
- If I were totally honest with myself, what would I choose here?
- What's possible here I haven't considered?
- What else can I add to my life today that would make it more fun for me right away?
- What can I be or do different today that would create more than I ever thought was possible right away?
- What choice feels lighter? Light of heavy – choose light.
- What can I be or do today that would create something I never thought was possible right away?
- What energy, space, and consciousness can my body and I be that would allow us to have [whatever it is you want] or better with total ease?
- What's possible that I have never considered possible in my life? How could I create or generate something different?
- **Energy Space and Consciousness**
  - There is energy, space, and consciousness that is life itself. That's what you are. You have just forgotten momentarily, especially when you are inside your fear, your comfort zone, your conditioning, your biology.
  - What energy, space, and consciousness can I be to \_\_\_\_\_? What energy, space, and consciousness can I be to be as magical and potent as I truly am? (If you try this, your life is going to get easier and easier.)
- **Is this the difference I've been asking for, showing up in a totally different way than I was expecting?**

## *Reminders of a few Module 1 Materials*

### *Your Mission Map Declarations*

#### *Inner Transformation*

1. I bring my whole self to business and life.
2. I commit to my own evolution as though my business and life depend on it, because they do!
3. I make it a habit to face my fears and live outside of my comfort zone.

4. I alchemize my challenges into a force for positive business and world change.
5. I practice bringing the vibrations of gratitude, love, peace and abundance to my life everyday.
6. I feel into the vibration of my future self, the one who has achieved my dreams, and I bring that vibration into now. I act from that vibration, and it is from this place that I bring my future into now. This is the secret to manifesting what I want for myself, and for the world.
7. I cultivate patience and perseverance while growing my business; I know that developing a soul-full business takes time.
8. I stay out of overwhelm by making time for self-care, pacing myself and taking delicious breaks.
9. I have faith that everything is always working out for me, even when it looks and feels to be the opposite. In other words, I keep the faith, no matter what!

### *Inspired Action*

1. My inspired action flows from my inner wisdom, spiritual guidance, and business savvy.
2. Inspired, savvy action creates soul-fully aligned, out-of-the-box business results.
3. I have big dreams, and I take small, achievable steps towards them everyday.
4. I recognize and celebrate progress in all its lovely shapes and sizes.
5. I have a plan for my year, every quarter, every month, and everyday, and I take inspired action to make that plan a reality.

### *Quantum Leap Quote Reminders<sup>2</sup>*

QUANTUM LEAPS require you to take the OFFENSIVE. *You can't achieve exponential gains from a defensive posture, a passive stance.*

QUANTUM LEAPS require FAILURE. *FAILURE is a sign of PROGRESS!* It means you've left the safety of the status quo. Failure is a resource. It helps you find the edge of your capacities. (If you send a rocket toward the moon, 90% of the time it's OFF COURSE; it 'fails' its way to the moon by continually making mistakes and correcting them. Therefore, fail fast.)




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*“FAIL. FAIL AGAIN. FAIL BETTER.”*

Samuel Beckett

*“FAIL. FAIL FAST. FAIL FASTER.”*

Tom Suddes

*“SUCCESS is going from FAILURE to FAILURE with no loss of ENTHUSIASM.”*

Winston Churchill

*“We need to FAIL in order to SUCCEED. Our only decision is HOW TO FAIL.  
By not going far enough... or going too far. I prefer the latter.”*

Harriet Rubin

### *Love your shadow as you love your light!*

This is a very hard one sometimes because we have a tendency to want to reject our shadow parts. We need to love all of ourselves in order to deeply heal and evolve. I'm just touching lightly on this topic here. If you wish to explore it further, you can check out Women's Business Leadership Academy which will help you to deepen into this realm. For now, just open up to it as a concept, and see if you can extend love towards parts of yourself you have previously rejected. It's deeply healing just to begin with this piece.

### *Homeplay:*

Contemplate the following questions and journal on them:

1. What shadows still remain?
2. What wounds are still unhealed?
3. What memories from the past still haunt you?
4. What patterns do you still repeat, that you want to shift?
5. What personality traits do you have that still need to be evolved?
6. How do you get in your own way?
7. When you look at your evolving edge (the parts of you that are most in need of change and evolution), how is that showing up in the development of your business, or perhaps stopping the growth of your business before you even begin?
8. What is the new relationship you would like to cultivate with your fear?
9. How is your life's journey the perfect training program for the work you are meant to do?
10. What are the gifts in your challenges?

### *Wildly Abundant Radiance Practices Check-in*

How are you doing with the 3 major patterns or areas you want to shift and identifying 1-3 actions that you can take to create that shift?

Taking actions that are outside of your comfort zone, even if it's just a baby step, is key to alchemizing fear.

### *Homeplay:*

Contemplate the following areas, choose your areas of focus, and create your radiance practices:

- 1.** Self Care – Create solid self care practices whatever that looks like for you - eating properly, exercising, sleeping enough, meditating, taking walks in nature, taking baths, getting a massage, or whatever it is that you need to do to take care of yourself. When running your own business, it is easy to put aside taking care of yourself! You are your biggest asset, so take care of you!
- 2.** Your Energy Field
  - a.** What are your power leaks? Where are you giving away your power? What is draining your power? What action can you take to shift this for yourself?
  - b.** Negative energy with others:
    - i.** Are there people in your life who you need to forgive or whom you might need to ask forgiveness of? Are there amends that need to be made? To yourself? To others? Conversations that need to be had?
    - ii.** Are there people in your life with whom there is unresolved tension? What can you do to clear this up?
  - c.** Are there personality traits you have that get in your way? What might you do to evolve them?
  - d.** Are there unresolved incidents from the past that are creating static in your channel?
- 3.** What else might be affecting your energy field? How else might you be getting in the way of you creating the abundance and prosperity you are meant to have?