



**ELEVATING
YOUR
ANCESTORS
JOURNAL &
GUIDEBOOK**



DAY 8
RELEASING
FEAR

FEAR

A 7-Step Process to Overcome Fear and Self-Doubt

Fear and self-doubt are two things that every normal person faces. These are also two of the biggest obstacles to success and happiness. Some people feel more fear and self-doubt than others. And, some are better at overcoming these emotions than others.

Regardless of where you fall on the fear/self-doubt spectrum, there are many things you can do to rise above these emotions.

Conquer your fear and self-doubt with this process:

- 1. Identify what you're actually afraid of.** What do you really fear? Most of us don't have to worry about being eaten by tigers. Our lives are rarely in danger. The most common fears in modern society are failing and making a fool out of one's self. Of course, there are others.
 - If you want to start a business, but can't seem to get started, what is your real concern?
 - Maybe you want to ask out a coworker on a date. What is the real fear?
 - Be aware of your actual fear, and then you'll have a chance of addressing it.
- 2. Find situations related to your fear that are only mildly uncomfortable.** Perhaps you have a fear of public speaking. What could you do that's similar, but less terrifying?
You could:
 - Give a speech to a group of friends
 - Start conversations with strangers
 - Visualize yourself giving a speech
 - Do more group activities and speak up more
 - If you're afraid of heights, you could start by looking down over a 2nd floor balcony and slowly work your way up to greater heights.

FEAR

3. **Take action.** Thinking creates and magnifies fear. Taking action lessens fear. One of the best ways to get over fear is to immediately take action before you have a chance to talk yourself out of it.
 - Most people would be more successful, happier, and less afraid if they thought less and did more.

4. **Visualize yourself being unafraid.** Imagine you have a twin that's similar to you, but different in other ways. If you could build the perfect twin, what would they be like? What skills, beliefs, and attitudes would they have? How would they handle the situation that creates fear in you?
 - Allow yourself to become that twin.

5. **Give yourself small successes.** Set yourself up to win. Make the game so easy that you can't fail. As you gain confidence, up the stakes a little. Get used to being successful in the situations that cause you to feel fear.
 - If the thought of making 100 cold calls a day makes you break out in a cold sweat, give yourself the goal of making just one cold call. The next day, you can do three.
 - Show yourself that you can do it. Show yourself that nothing bad is going to happen to you.

6. **Be realistic.** What is the worst consequence you are likely to endure if the thing you fear comes true? It's probably not anything you can't handle!
 - What happens if the publisher rejects your book? What if your speech doesn't go well? What's actually going to happen to you? Will you still be safe? Will your family still love you?

7. **Get help.** Whether you need some help from a friend or a professional, there's no shame in getting help. You would get help if your car's engine blew up. You'd get help if you had a broken leg. Get the help you need to deal with your fears.
 - How much do you allow fear and self-doubt to rule your life? Imagine what your life would be like if you could overcome all of your fears and self-doubt.

Most people avoid the actions that trigger these uncomfortable feelings. You can do better. You can act in the face of these emotions and live your life to the fullest.

FEAR JOURNAL PROMPTS

1. When have I allowed fear to derail my efforts?
2. How much could I achieve if I refused to allow fear to stop me?
3. What do I want to accomplish in my life? What fears will I face?

COURAGE AFFIRMATIONS

My desire to attain freedom is much greater than my desire to avoid fear.

Each fear I overcome is another step closer to freedom, and freedom is the ultimate achievement.

With each fear I defeat, I become stronger and more resilient.

Today, I face my fears head on and with a smile.

I welcome my fears, because their appearance provides the opportunity to eliminate them.

I know that most fears are False Evidence Appearing Real

I march boldly into my future knowing that I am safe.

I can confidently see a positive future.

I conquer anxiety by adequately preparing myself for the task at hand.

Preparation is the shield that protects me from the darts of self-doubt.

PRA YER ONE

My uplifted Ancestors, guides, fierce protectors, and skilled healers. Please stand with me **[say your name]**, child of **[beloved parents names]**. Be with me at this moment, and guide me along my road with a cool head and a clear mind.

I am root of your root, soil of your soil, bone of your bone, and blood of your blood.

When you were born, The earth became your body, The stone became your bone,
The sea became your blood, The sun became your eye, The moon became your mind,
The wind became your breath.

When you passed to the Ancestral Realm, Your breath became the wind, Your mind became the moon,
Your eye became the sun, Your blood became the sea, Your bone became the stone,
Your body became the earth.

Cover me and protect me as I walk this path to be the family interceder petitioning on behalf of all of my bloodline both living in the body and living in the spirit.

May we be released of all negative and misaligned or toxic energy. Assist me in guiding our family both living in the body and living in spirit to release feelings of envy, greed, jealousy, grief, bitterness, hatred, anger, and disease.

Cover me with love, cloak me with goodness and joy, bring me to the remembrance of my peace and prosperity. Let no harm or confusion come to me during this day or any day hereof as I act as a portal for our lost bloodline.

May they have forgiveness in their heart, and may I have forgiveness in my heart.
May they have peace, and may I have peace!

May they have healing in their heart. May I have healing in my heart.
May they have understanding, and may they evolve and heal the karmic residue of their forgotten path.

May I have understanding, May I evolve in my spirit.

May I be in remembrance always of my path and may I always be aligned with what **[Insert what you call God Energy]** has ordained for me.

May I be in remembrance of what my higher self has witnessed on this journey through my living.

May I be in remembrance to uphold my ancestors so that I may evolve and be uplifted!
I have not forgotten my commitment to our lineage, and I vow never to forget.

[Close how you close your prayers]

PRAAYER TWO

To All my Ancestors, stuck here because of FEAR. Hear my voice, open your ears and hearts to my earnest prayer for you this day. Fear is a part of life, but it doesn't have to be a part of your rebirth. I am overcoming my fears each day.

Achieving my dreams is my path to defeating my fears. And today you can triumph this day by going to the light and releasing your fears to the Divine.

My goals and dreams may not be crystal clear to me at this moment. But today you can go to the light and be clear on what the next step is for you. You can create entirely new dreams today as you are reborn through the divine womb of the Universal Mother we call EARTH.

In service to you, I will overcome my fears as they appear. For the elevation of you and our bloodline, I will stay the course, regardless of how much fear I face.

Each step I take toward my goals has the potential to trigger fear, so I understand being afraid to move toward the unknown. However, I welcome my fears, because their appearance provides the opportunity to eliminate them. And today as your guide, through my altar, through my heart, and through my hands, I work with the Divine to give you the opportunity to eliminate the fear of moving toward your rebirth.

I lit this candle to give you clarity that your fears are not needed and to light the way to your new future.

Each fear you overcome is another step closer to your freedom, and freedom is the ultimate achievement for you this day.

I pour this water to hydrate the seeds of your new beginning.

Go the light, be reunited with our family in divine love and fearlessness!

[close prayer]