

## Meditation for Removing Fear

This two-part meditation immediately and spontaneously changes unwanted feelings and emotions to a positive and healthy state of mind. It reverses any negative attitude, frustration or depression. It also helps break habitual patterns.



### **This meditation can help you to move out of a place of fear. (3mins)**

This meditation will move you out of your fears and into your heart space and connect you to your inner guidance – that connection to your heart – you move from your ego into your heart. You expand into your aura, filling with a sense of light and calm and connection

**Posture:** The thumb represents the ego – extend your thumbs, bringing your hands into fists. Arms are extended.

**Movement:** Hands move at the wrists, circling the wrists, keeping the arms straight.

**Breath:** Breathe long and deep

**Eyes:** eyes are gazing at the tip of the nose

After 3mins Inhale and stretch your hands and fingers with palms face up to the heavens, hold the breath and the posture. Feel your heart open and expanding outwards, let it open to receiving the love of the universe, just as you feel that outward flow of love. The flow of giving and receiving Exhale and hold the breath out (maintaining the posture) stay open.

Do this two more times – Inhale, hold the breath, Exhale and relax.