

## Scared

If you are feeling scared right now, that means you are filled with fear. That you want to put on the brakes and stop everything and just stay safe, because you're so scared about taking a leap, taking that next forward step. Of course your ego, that's its job is to keep you safe. Keep things as they are. Which feel comfortable to you on some level. Rather than go for what your heart is asking for you to claim. This is actually from your empowered self incredible news, because it means that you are about expand. It means that you're ready for this expansion. The fear is there, the sense of being scared is there, only for you to get more certain about yourself. The fear is the expressing the self-doubts. That's okay. With Feel Every Emotion As Love, we don't push that away. This is actually why when you do the four step process to Feeling Every Emotion As Love, I really want you to take in what exactly your fears are telling you. Maybe you say you're afraid of failing, so you know you're afraid you're going to waste your time, your energy, your money. You've got these concerns and you write those down. Listen to them, because it's like the little kid in all of us that's saying I'm afraid to take this leap, it's safer over here.

What I love about this is, is that you can nurture that little kid in you and you can say, look, it's okay, it's going to be okay and we're going to do this and we're going to feel better regardless how we land or whether we make it. Allow that little kid within you to also nourish your empowered self. Let that vulnerability come through, let it be expressed, let it be shared. Work together with your empowered self and the small little self that's afraid, to say together we're going to do this because it's worth it, this is what you want. Every time I step on stage I'm scared. I decided recently to start sharing that. One of the first things I say is, standing before you is a scared little girl. I want the audience to see that within me. That's connection, that's vulnerability, that's intimacy. It's not being ashamed of this part of us that's scared, but also recognizing that when you claim that scared part of you, it ignites you, it becomes your fuel to help you take that leap and make things seem not so scary. The truth of the matter is you should feel scared. You are getting outside your comfort zone, whatever you are doing right now that's making you feel scared. Listen to the ego, listen to that small self, listen to that little person in you. Then use your empowered self to bridge and come together. Together these two different parts of you, that part that's so big, that has no fears and is ready to go conquer the world. Then that little part of you and come together. See what magic is created when you embrace the sense of being scared. Utilize that energy to propel you to get out of your comfort zone and really claim what's in your heart.