THE PROCESS I FEARS



What I am afraid of?	Why do I have the fear? Why am I afraid?	Which part of self has failed?				Which of the basic instincts do these fears affect?							What are my defects of character?					We look at the fear and ask for it to be
Name, People, Institutions or principles or anything as to your fear		Self Reliance	Self Confidence	Self Discipline	Self Will	Self Esteem	Pride	Emotional Security	Financial	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Fearful	Frightened	Inconsiderate	removed. If you are religious or spiritual you ask whatever you believe in to help remove the fear.
																		If we are an atheist or a non believer – we go to a trusted friend and discuss the fear and reveal that it is stopping us from growing to the person we want to be. We ask for guidance from within as we are now on a conscious
																		level of understanding and we have the ability to now see the truth.