

## Support Information for Ad On

### Additional Practices to Supplement Your Art of Fear Method

The short-term pain of accepting the truth is much better than the long-term pain of believing an illusion.  
—Christy Alsandor

Here are other practices you can play around with, to take you experience with fear and other discomfort to a deeper level. They are in no particular order. Just be curious, open, and most of all have fun with these!

### Keep Asking Yourself Questions

In order to notice your ongoing and ever-changing moods and stuck places, I want you to remember to keep asking questions. Asking questions will keep you in a state of awareness, which as we know can be very powerful.

Here are a few questions to ask, so you can stay on top of your changing patterns and game:

Am I in the mood for Fear today (which is another way of asking- do I feel like doing scary things today?)

Am I think about Fear today, or am I feeling it (or neither)?

In what ways have I been ignoring Fear, lately?

In what ways have I been running away from (avoiding fleeing) Fear, lately?

In what ways have I been controlling Fear, lately?

When I feel Fear, does that experience make me fidget? If yes, what is my style of fidgeting?

Am I fighting or fleeing fearful situations today, or am I fighting or fleeing the Fear itself?

Is my mind trying to override the wisdom of my emotions, today?

If yes, is it successful?

What is going on with my body, today?

What do I feel, and where do I feel it?

Am I in Resistance to anything I feel, today?

Am I aware of the wisdom of my emotions, or have I lost sight of them today?

How is Fear showing up for me today?

Why is Fear here today- what does it have to say?

How does it make me feel, knowing Fear is there?

Why is Fear an important part of the human experience?

What would life be like, without Fear?

What would I be like, without Fear?

What would an animal be like, without Fear?  
If life weren't difficult, would it be worth it?  
Which do I value more today: happiness, or aliveness?  
Where do I feel pain today?  
Is it physical, emotional or both?  
How am I reacting to that pain?

But please, in doing this, don't search for answers, which will take you back into your head. When asking these questions, just remain open, stay aware, and let the answers come to you.

## Remember to Remember to Ask Yourself Such Questions, and Do Your Art of Fear Method

Remembering to ask questions or do your practice can be difficult. So, here are few ways to: what I call 'remember to remember.'

- Put a rock in your pocket, and every time you notice it, either ask yourself a question or do your Art of Fear Method.
- Same goes for wearing a bracelet or a ring, or if it's your thing maybe get a tattoo, a put a simple post-it on the mirror with the word 'remember' written on it (up to you to find your own style-ok? ). Then every time you notice it, engage in your practice.
- Make it a ritual that you do the same time, every day, like perhaps before you get out of bed, before every meal, or before you go to bed (which will help you sleep better!). Or- every week on Sundays as your form of ceremony. You get the picture.
- Have it become a ritual you and your partner engage in, together. Come up with an agreement on when, where and how you do this together. Get creative!
- Take daily walks or engage in your practice while on a hike. If you have a dog, maybe practice it every time you walk the dog. This will really get you in your body.

## Keep Playing Your Game Called Shift

Here are several voices to shift into that you haven't experienced before. They are favorites of mine!  
Note: a few of the latter voices will offer a perspective of where we're hopefully, more permanently headed (our Tokyo is a bigger expanded place).

Tips: If you meditate, do these voices while on the cushion or as a walking meditation. I also love to do them while skiing, biking, hiking, etc and express them physically for a deeper, more embodied learning.

The voice of the Thinking Mind, Thinking About Fear  
The voice of the Body, Feeling Fear (notice the difference between these two)  
The One Who is Observing Fear

The One Who Is Aware of the Lizard Brain  
The One Who is Unwilling to Feel Fear (while this can feel powerful, notice the tension you have to hold)  
The One who is Ignoring the Lizard Brain  
The Storyteller Telling His/Her Old Story of Fear  
The Storyteller Telling a New Story about Fear  
The One Who IS Willing to Feel Fear  
The One Who is Observing the Lizard Brain  
The One Who Likes to Hang Out with Fear  
The One Doing a Dance with Fear (my favorite for skiing)  
The One Who Bows to Fear  
All of Humanity's Fear  
Infinite Fear (Including Fear in all Creatures and Beyond, Past, Present and Future)  
Divine Fear

And always come back to The Controller, whenever you want to see your latest stuck place. Or go back to experience all foundation voices again. If you've been practicing your Art of Fear Method regularly, your experience with them will be blow-your-mind different. You'll find this fascinating.

## Rituals

Too many to name, but here are some of my favorites. Or, create your own! They turn any practice from a cognitive experience into a physical one- offering a shift in your body and thus, deeper integration.

-If you have a Gratitude practice, have one for Fear. Or have one for Anxiety, Resistance, Pain, the Lizard Brain etc.

-If you have a Love or Joy practice, direct those energies at loving or having joy around Fear, Anxiety, Resistance, Pain, the Lizard Brain etc.

-Name an apple or a snowball "Fear," then take a bite. Chew and swallow your bite, ingesting it. This can be very symbolic. You can also name a glass of water "Fear," then drink deeply. Ask what do you find in it for your sustenance?

-Bow. Whenever Fear or any 'negative' emotion shows up, just bow. As you would to a teacher or a person you respect.

-Create an altar to Fear. Offer it flowers, incense, doughnuts.

-Worship. Find your own style. You could spend an hour worshipping a campfire, a sport—heck, a pizza—so why not Fear? "Worshipping" is another word for "surrendering to." How deeply can you surrender to Fear? All surrender leads to Aliveness, and ultimately to Joy.

## Breathing Exercises

While playing around with other voices, here are a few breathing exercises or rituals that are very powerful. Actually, anything to do with breathing will prove powerful. Mind you, these are the exact opposite of what you've probably been taught to do before, regarding Fear. But if you dare to do them, they are stunning, profound ways to drive this practice home.

Three to choose from:

1. 2-10 minutes. Breath in through the nose, each time breathing in ONE thing you're afraid of (Your mother dying. Getting paralyzed. A comet hitting the earth. Your wife leaving you. etc), pause, then each time out through the mouth, breath out the hope of ever getting rid of that Fear.

Note- if you go all the way with this exercise, you probably WILL and should cry, even if you've never cried in your life. Because of this, if you keep doing this for long enough, eventually you feel free, purged and beautifully raw. And all your fears will have been acknowledged, and thus will dissipate.

During your minutes engaging in this exercise- if you desire, take it a step further by noticing what kind of breathing you have around each of your fears. Is it shallow? Do you want to hold your breath? Do you need to yawn? Is there a sick feeling around this particular fear? A tiredness? A sadness? An anger? The awareness of the visceral experience around each individual fear can to prove to be very insightful and powerful.

2. Do the same exercise as above, but at the top of every in breath when you name a specific fear, as you pause, add in the thought "I don't want to feel / deal with this fear," and see what happens.

Likely you will not do this exercise for very long (wink).

3. In step 2 of my Art of Fear Method, notice whatever you notice, then breathe into the different parts of your body that feel whatever discomfort you're feeling (Fear, Resistance, Doubt, Anxiety etc?). Keep doing this, one location at a time, and notice what happens. It's kind of like giving those feelings, love.

## Language

Hopefully you'll keep up on your language guide. Here are tips to take it to the next level though, without my assistance, in your own creative way.

Do this:

Either keep a fear, anxiety, stress, angst, etc. journal, that you write in every day. Or, find a person with whom you can talk with about your 'negative' feelings (a spouse, friend who is also going through this practice, a shrink who is familiar with this work). Create a regular schedule with either of these (i.e. every morning before breakfast) so you can do this in a ritualistic way.

Tips on How to Do this:

Because you'll be on your own, creating a new language without my guidance, here's my advice:

-If you're doing this with a person, I want you to pick someone where you can be 100% authentic. I also want you to pick someone who understands our language guide. Maybe a friend or therapist who won't try to:

- rush you through the feelings.
- get you to understand them or where they're coming from.
- take you out of your body and back into your head- about these feelings.
- encourage you to feel them, yet still in the end suggest in any way that you 'let these feelings go,' which contradicts the rest.

Bottom line: make sure they're educated on this process. If such a person is hard to find, go back to journaling instead, until you find the right person.

-The goal is simply to find your own way to write or talk about fear and 'negativity' in a positive light, and say nice things. Even if you write or talk about how much it sucks, make that the positive light. Like: saying 'I am so miserable!' while theatrically throwing your hands in the air and concluding, 'Hallelujah!'

-Over exaggerate what you feel with crazy poetic rants. Anytime you add in humor like this it lightens the experience- makes it less serious- which is what you're going for.

-Here's my absolute favorite thing to do, especially while being witnessed. We are so limited by words to express or 'discuss' our fear. In front of my friend or shrink, I announce I'm about to do a ritual about how I'm feeling right now. Then I bow and start moving my body however it wants to move, expressing whatever it's feeling, while making noises to match (no words allowed ok?). I may slump my shoulders, groan, and wind up on the floor writhing around. Sounds weird, but if you have an open mind it very quickly feels like a deeper form of expression than you've ever allowed yourself. Keep at it until the ritual feels organically over (for me it's usually 1-10 minutes). Hint: if you feel uncomfortable doing this with an audience, just do it alone.

## Take Risks

And finally, if it isn't already obvious, take risks. Do things that scare you. Step out of your comfort zone, but just a little bit. Each time you do this, you expand yourself. Until over time, the 'risk' you took last year will no longer seem like a risk anymore. Your comfort zone will have expanded. Which is why the more you take risks, the easier they get.

So, take that trapeze class. Put yourself in any position you would normally avoid. Fall in love. Give a speech. Can you do these things and actually enjoy the Fear? The discomfort? Is it invigorating? Experiment with different risks until you find one that suits you. No need to expose yourself to snakes, or heights, but if you do, notice the percolation of energy and remain curious about what you're feeling or any resistance you have in those situations. Ask: is it resistance to the snake, or is it resistance to the Fear you feel, while being around the snake?

Until one day you find that whenever you take a risk, and stay open and aware of your experience, those risks will ultimately become the highlight of your day, and possibly of your life.