



6 Keys to Shift from Fear to Love

Most of us are not conscious of which lens we're looking through. We've been conditioned by our culture, our human experience, and often our religions to see what's broken about ourselves and in the world. Instead of focusing on the good, we focus our energy on what needs to be fixed. Looking through a lens of Love shifts our awareness onto what's whole and beautiful in ourselves and in the world around us.

Love transforms our knee-jerk, Fear-based thoughts by unblocking the Love-based emotions like trust, wholeness, compassion, gratitude and peace that are part of our true nature.

Something important to understand is that adopting a Love-based perspective in life will not stop you from feeling Fear. However, the 6 keys below will empower you to shift back to Love when you're met with Fear.

Key #1: Create Your Conscious Commitment to Choose Love

Gaining awareness that you have moment-by-moment control to shift your lens to Love puts the power in your hands. The first step to living a more Love-filled life is to commit to a continual practice of noticing and intentionally shifting your lens to Love.

Key #2: Be Present.

When we stay in the present, we aren't replaying a past we cannot change or worrying about a future that may or may not ever come to pass. These tendencies create Fear-based thoughts and emotions. Being present allows us to free up our mental energy to consciously meet each coming moment with Love.

Keys #3: Practice a Beginner's Mind

To have a beginner's mind is to see life anew, as though you are seeing it for the first time. A beginner's mind eliminates the biases, judgments and past experiences that color the way we see the world. Rather, allow Love to inspire you to see things with the open perspective of a beginner's mind.

Key #4: Notice, Forgive and Choose Again

When you find yourself in a place of worry, anger, loneliness, or Fear, pause to notice the quality of your thoughts and the story you're hearing in your mind. Then try peeling away the layers to see what it is that's triggering you. Without judgement, acknowledge whatever comes to you. Once acknowledged, give yourself permission to forgive and let go and consciously choose to shift your lens to Love.

Key #5: Practice a Heart-Centering Breath

When you struggle to shift your lens to Love, put your right hand on your heart and close your eyes. Inhale for a count of 4, hold your breath for a count of 1, then exhale for a count of 8. As you breathe, move your awareness to your heart. Bring to mind something that you're grateful for. Allow the feeling of gratitude to fill your heart. Continue with your practice until you feel ready to allow the wisdom of your heart to support your shift to Love.

Key #6: Practice Forgiveness, Acceptance, and Compassion

Experiencing a Love-filled life includes a regular practice of acceptance, forgiveness, and compassion. With gentleness, we can accept where we are in our journey, offer forgiveness and compassion to ourselves and others, and consciously choose to live a Love-filled life.

