



Good Evening Everyone

Welcome to

***10 Minutes 12 Weeks to New View of Life and You
A Self Study Course in Self Esteem
Week #10: You Have Nothing to Fear***

I'm Kathy Kirk, founder of Applied Spirituality.

Our usual housekeeping reminders

1. This is a religion neutral zone meaning that all religions are welcomed here or none.
2. Use your notebook. Journal daily, communicate with yourself. Pose your questions, note your revelations, talk things out with yourself. Take this time with yourself every single day.
3. Everything you receive here in audio or print is proprietary information and is copyrighted. Nothing may be reproduced except by express, written consent.
4. Nothing that I share with you will be of any practical use in changing your reality unless you actually apply it to your life. This part is entirely up to you.
5. Submit your questions or comments to coach@appliedspirituality.com and I will respond to you personally.
6. You are invited to join the Sunday evening Life Transformational Coaching calls where we practice the mastery of alignment with Source to deliberately and intentionally create the life we desire. Sign up at <http://www.appliedspirituality.com/coaching>.

On with tonight's message

Week #10: You Have Nothing to Fear

Every week I end with the same three sentences given to me from my nonphysical friends. That phrase is ***"You have nothing to fear; you have nothing to worry about; You are loved beyond measure."***

This week I want to devote this 10 minutes to the idea that we have nothing to fear. My hope is that you will begin using these practices and exercises to move you into trust and faith in this big, beautiful World and Universe and how friendly and benevolent it is. This Universe has your back!

Imagine having an assistant in life who follows you around all the time. Every time you issue a wish or an order your personal assistant says, "As you wish." And voila, it is done. Well, you do. The powerful Universe via the Law of Attraction matches your every wish with ***"It is done."*** Instantly as you have

asked for more time, more money, more health, better friends, a lovely dinner, a beautiful relationship, the Universe responds to you instantly.

That wish that you just uttered, whether vocally and consciously or cellularly and subconsciously *has been answered*. That 96% of you that is nonphysical Source Energy has just expanded to the new, improved version of You that includes what you just asked for. And that 96% of you is enjoying the heck out of your new creation. The only part missing is your 4% physical human mind coming into alignment so it can enjoy it too.

All too often we remain outside our own creation because we are afraid. Afraid of what? As many people as there are, there are that many fears. So I cannot tell you which fears keep you separated from the realization and manifestation of your Good, *but you can*. You can unearth these in your daily journaling.

Also, you can begin talking to these parts of yourself that harbor these fears in your journal. You ask, "Who's afraid?" "What's holding me back?" "Who is clinging to the past?" "Why are you afraid to move forward?" "What's your worst fear?"

I am telling you that you have all the answers to all your questions.

Most of what ails all of us is a lack of communication with ourself, or the parts of us. I call a board meeting of the Country of Me at least once a day, sometimes twice. I do this in the shower. I'm alone; the water is soothing; and I ask all the parts of me around this great round table like in Camelot. At one end of the table is me, the physical human who is Captain of the ship. At the other end of the table is our Godself, this giant 96% nonphysical Source Energy Self of Love and Well Being. Between us are all the parts of myself from age day 1 to current usually represented by one figure from each year of my life. Sometimes new figures join the table as they are discovered and reclaimed into the Whole family.

I begin the meetings with a welcome and how much I love them all. I tell them what's up for the day; I ask all the parts to feel the overwhelming love and wisdom of our Godself. I pre-pave the day for all my parts. We're going to be here; we're going to do this. I want this to happen this way; I want that to feel this way. I want to be inspired here. Of course I pre-pave safety, well being and love throughout my entire day whomever and whatever I come into contact with. I ask for feedback. When any thought comes to my mind, I honor that a part of me that has something to say. A concern. A reservation. An idea. I listen, voice it,. And then I include that into the day's mission. It's like a briefing. I ask again if everyone feels included and onboard for what I have in mind. My visual is that I'm moving in this direction, and I need and want everyone onboard rowing in the same direction with me, feeling Good and connected with Source. Once I feel that. I thank everyone. Tell them I will be mindful of any negative emotions as indications from them that they have something I need to hear. I will breathe and check in with them at each bathroom break throughout the day. I will do happy dances at everything we do today. *I will enjoy our Life. I promise*. I ask them to join me in all of it.

At the end of the day I do the same thing. Only this time I include a run through of the day and appreciation for all the things that came up during the day, “both bad and good”, and bring anything negative or controversial to the table, asking who is bringing this up. Usually a visual comes up from one of the “girls” at a certain age. Sometimes a new visual comes up, especially when I’m reaching for something new and this part has never been challenged before. Now I need to bring her up to speed. Apologize for not hearing her before this. Allow her time to rant, whatever she needs to do; but all the while moving her forward into alignment with Source. Nothing to fear.

This is me managing my internal environment where human fears live, and are transformed by being brought thought by thought back into alignment with Source Energy, Well Being.

For you it will be the same. And you can do *release techniques* on particularly stubborn beliefs if necessary, but you as the Captain of your ship, ***you must lovingly and persistently move these parts upward into Light and Love.*** You cannot allow them to mangle too long ruminating over he did this, then that happened. Yes, it all did. Yes they were schmucks; but this does not serve me or us any longer. And, truth be told, we bought into the lie, so...let’s move on.

Self talk is so soothing, so reassuring and so healing. Most of the time we suffer from fear because our parts just don’t know what the heck is going on. We rush from meeting to meeting. We eat crap. We don’t take time to play. We aren’t having any fun. They doubt seriously the wisdom of their Captain, so they pretty much revolt. To benefit from the wisdom of your parts, you have to spend time with them, just like you have to spend time with your kids or your spouse.

You have to spend Quality time with yourself. Once you start doing it, you will actually enjoy the time. It’s fun. You have funny parts of yourself and playful parts, thoughtful parts, shy parts, brave and bold parts, all kinds of parts that are part of the team of you. But when you live unconsciously and ignore them, these parts dig in and create fears which eventually paralyze you until you can't do anything else except finally go in and see what the revolt is all about. This could be high blood pressure, cancer, divorce, etc. But eventually they do get your attention.

Every single part of you brings a gift to your life. A talent, a skill, a unique aspect of you. And they require expression, because they are You. If you ignore them, if you abandon them, if you judge them ugly, wrong, bad, useless, unworthy...you will see this reflected in your daily experiences. ***People and life will treat you as you are treating yourself internally.*** Feel neglected? Then you’re neglecting yourself. Feel unworthy? Then you’re treating yourself as unworthy.

All the answers are within you. As you love yourself back into Wholeness, welcome back the unlovable, reclaim the ignorant, gather up the idiot and moron, suddenly these parts reveal the gift they brought to the table for you to give to the world.

You have nothing to fear. There is nothing about you that you need to fear. The way you deal with it is to go in and as the seats around your round table are currently empty because you’ve been afraid to look at them, fill yourself with the Love of your Godself, then ask for these parts to come forward and take their seats. You are ready to listen; you are ready to receive; ***you are ready to include them*** at the

table of You. Once I had a ogre show up at my table. She was ugly and covered with warts. It was really icky; but then I had to remember that this was merely an unloved part of myself. What if I loved her? What if I could do that... Eventually she transformed and revealed her gift to me.

These are the lovely surprises that you are in for when you begin taking a loving interest in yourself, ***when you begin communicating with yourself and having a relationship with yourself.***

Homework for the week:

1. Find those pictures of you at every year of your life and post them somewhere where you can see them frequently and post them in chronological order.
2. Hold a board meeting of you, your Godself, and all your people around a great round table. See how many of your parts show up. Have remarks prepared for them. Tell them how you feel; why you're doing this; what you hope; and make no promises that you are not willing to keep. **Be** real, honest and sincere.
3. Write in your journal at least once a day.
4. Talk to your parts whenever you get a feeling signal from them, no matter when it happens or who's around. Do an internal nod. Tell them silently that you hear; you acknowledge and you will bring this to the board meeting next. Meanwhile, in your physical world drama you might just defer a decision until you have the opportunity to meet with your parts and find out what the "fear" or negative emotion is about.
5. Love and honor these parts. Your job is to connect them with your infinite, eternal Godself and to parent them, lead them as an adult back into alignment with Source.
6. Reaffirm to them every single meeting of your commitment to You, your wholeness, your Best Life., Thank them for trusting you, telling you what's up, and loving you so much.
7. Refuse to be afraid, dismayed or surprised at who or what shows up. It's all Good and information for you on your journey back into Oneness in the body.
8. Never give up. If you miss, fall of the horse, forget...just get back on track, own up to it with them, and feel their forgiveness for you. They love you.

Thank for being here tonight. And as always I am reminded to tell you

" You have nothing to fear; nothing to worry about; and you are loved beyond measure."

Until next week, this is Kathy Kirk from Applied Spirituality.