



Become Kick-Ass!

HEALING OUR EMOTIONS - LESSON 5

USING FEAR TO GROW

FEAR

ME

EGO

FLESH

EVIL

DARKNESS

DEATH

VERSUS

TRUST

WHOLE

SOUL

SPIRIT

GOOD

LIGHT

LIFE



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Emotional Strength



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- Every single second of our existence, we are living in one of these dimensions.
- Actually, there is nothing in between. My thoughts, feelings and actions are *ALWAYS* in one of these camps. They cannot be anywhere else.
- Where do you spend most of your time?



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DARKNESS

When I am in ego/fear/darkness, it means that:

- I see myself as a separate entity from God/the universe/source energy
- I am focused on MY image, MY possessions, MY titles, MY roles
- the world is full of dangers and I'm on my own
- I think I have to control/manipulate/watch out for/defend myself/fight for myself/find solutions myself/provide for myself
- I experience sadness, insecurity, anger, revenge, despair, depression, fear, unworthiness, loneliness, jealousy, envy, anxiety, ...





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DARKNESS

I recognize when I am in ego/fear/darkness when:

- My worth is dependent on external things (partner, wealth, friends, work, achievements, ...)
- I desperately need validation from other people
- I try to force people to behave a certain way
- I am easily offended when things don't go my way, people don't act in the way I expect them to, people let me down, ...



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DARKNESS

I recognize when I am in ego/fear/darkness when:

- I am thinking about the same things over and over again
- My inner dialogue is heavily focused on anxieties, fears, doubts and self-criticism (I'm not good enough, I'm not beautiful, I'm stupid, I can't do this, I totally messed up, I am bad at this, my life is meaningless)
- I'm consumed by my emotions (fear, hurt, sadness, disappointment, anger, euphoria, jealousy, envy)





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LIGHT

When I am in soul/love/light, it means that:

- I am connected to God/the universe/the whole
- I am inherently worthwhile – I am divine energy from the Universe.
- Being divine energy is what makes me beautiful, valuable and amazing. It does not depend on my circumstances or achievements.





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LIGHT

I recognize when I am in soul/love/light when:

- I realise I can love and accept myself and everyone else
- I have desires and goals, but my sense of self-worth and happiness are not dependent on them
- I am forgiving of others and can easily accept people as they are, faults and all





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LIGHT

I recognize when I am in soul/love/light when:

- My preferences, desires and ideas bubble up from within me (not from external influences like society and the expectations of others)
- I can be in the here and now and in the flow
- I feel an indescribable connection with the entire Universe
- Things feel effortless – it's like the Universe brings things to me on a silver plate





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LIGHT

I recognize when I am in soul/love/light when:

- Things work out without much intervention from me
- I feel peaceful and joyful without any particular reason
- I feel free, fearless and empowered to go after my dreams
- I understand my purpose in life is to follow my bliss, my own path, and to give my unique gifts to the world



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I get out of ego/fear/darkness when I understand that everything that happens to me is to teach me:

- that I am part of the whole fabric of life
- that there is no separation between me and God/the universe
- that as part of the universe, I have access to absolutely everything I need
- that I can let go, I can trust, I can surrender
- to be patient, to be humble, to turn me into love, to purify me





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“Because it is only through TRUST and SURRENDER that I can truly experience JOY and PEACE in my life.”

Without this understanding, I can only experience euphoria or repression.





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Your ego wants you to stay comfortable and avoid failure,
but your soul actually wants to EXPERIENCE LIFE.

It wants to be in situations where it can be in love, trust, imagination
and creativity.

What is it that you're afraid to do?

What would happen if you would replace TRUST with FEAR?





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“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

You must do the thing you think you cannot do.”

Eleanor Roosevelt





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WHAT IS TORMENTING ME RIGHT NOW IS:

FEAR TELLS ME THAT:

TRUST TELLS ME THAT:





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IF I SURRENDER ALL CONTROL, RESULTS AND "WHAT IF" SCENARIOS, WHAT I WOULD REALLY LIKE TO DO IS:

IT WOULD HELP ME TO TRUST, IF I WOULD KNOW THAT:

I MAKE A COMMITMENT TO MYSELF TO REMEMBER THAT:

