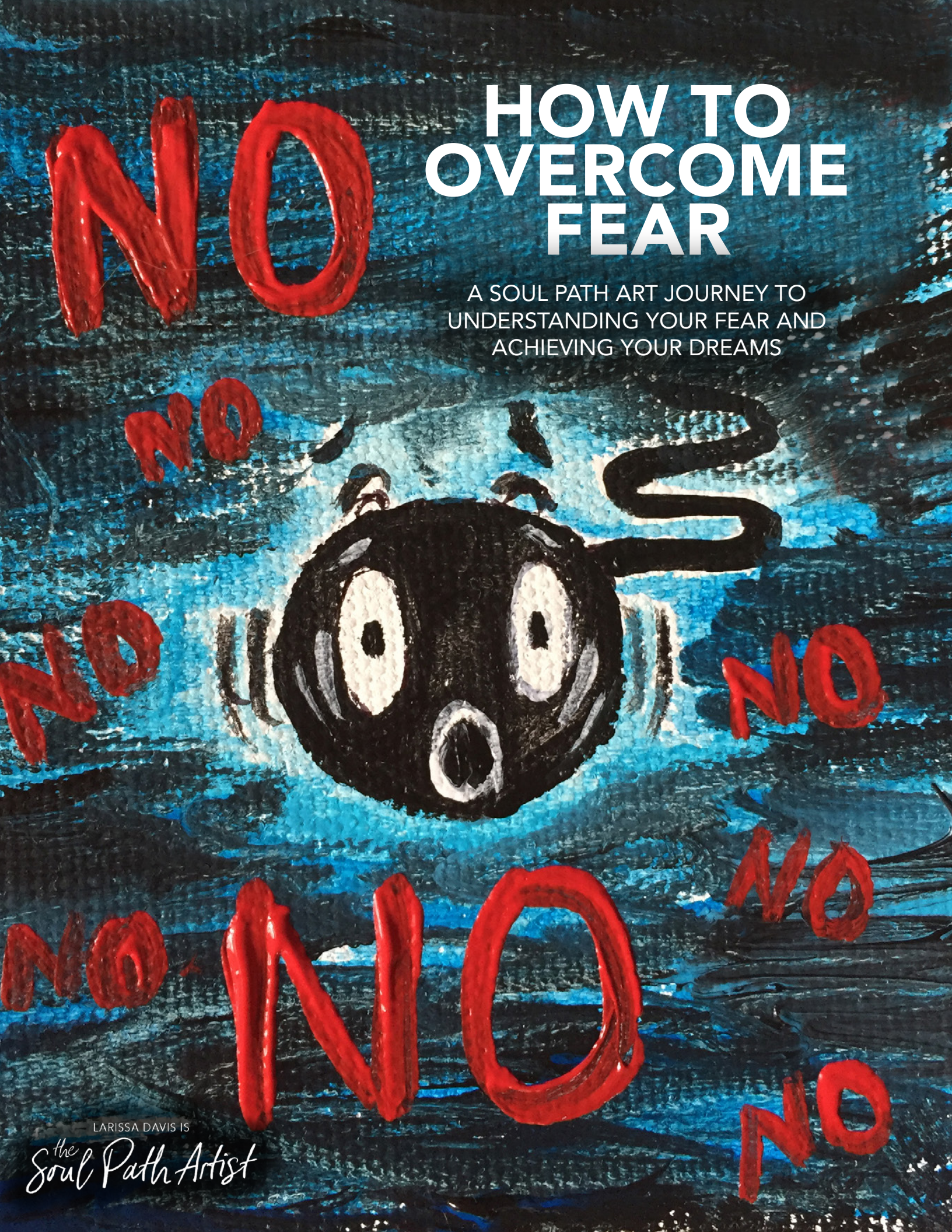


HOW TO OVERCOME FEAR

A SOUL PATH ART JOURNEY TO
UNDERSTANDING YOUR FEAR AND
ACHIEVING YOUR DREAMS



LARISSA DAVIS IS

the
Soul Path Artist



WELCOME

Hi. I am Larissa Davis,
The Soul Path Artist.

On the journey to pursuing my dreams, I pretty quickly came up against my fear. Like "Nono" on the cover, my fear would object to any new idea that was not the status quo.

For most of my life, my fear had been calling the shots. It was deeply ingrained...almost an automatic response. But now I felt

inspired and excited. I did not want to risk letting fear get the upper hand.

I knew if I was serious about pursuing my dreams (and I was) I was going to have to learn how to overcome fear.

I pretty quickly figured out that fear is not something that ever goes away. It resides in the oldest part of our brain and its function is to keep us safe. So anything new or outside the status quo causes it to raise the alarm.

So, if fear is here to stay, how do we overcome it and get on with the business of living the life of our dreams? **HOW TO OVERCOME FEAR** guides you on a journey to receive insight on the inner workings of your fear so you can be free to pursue your dreams courageously.

Namaste,

Larissa

KNOW YOUR FEAR

Know Your Fear incorporates two exercises that I did early in my soul path journey. They were both powerful and I wanted to combine them here for added punch in overcoming your fear.

WHAT TO HAVE

- Markers, colored pencils or acrylic paints
- A journal or a primed canvas
- A pencil

CENTERING BREATH MEDITATION

I like to begin my Soul Path work with a simple 3 breath meditation. I highly recommend it. I start by paying attention to my breath, allowing it to slow down to whatever speed is comfortable. Then I devote the first breath or set of breaths to LETTING GO of any stresses or worries that are asking for my attention. I assure them I will be available to respond to them shortly. I devote the next breath or set of breaths to RELEASING EXPECTATION from myself about what I am about to do. And the third breath or set of breaths is devoted to coming into this moment, and feeling my body. I notice any tense areas and deliberately direct my breath into those areas, letting go of the tension as I breathe out.

THE JOURNEY TO YOUR FEAR

Think about a time when you had an inspiration and then felt an immediate “NO!” or felt anxiety and fear arise in your thoughts or as bodily sensations. Maybe the thought that arose was more like “things are going fine just the way they are.” That is your fear.

Now close your eyes and take a few deep breaths to relax. As you breathe in and out, when you are ready, when you feel centered and relaxed, say out loud “Fear, I invite you on this journey to get to know you.”

Imagine you are walking down a path. This path may be familiar to you, or may be someplace you have never seen before. Look around and observe the sights, the smells, the sounds. You may experience this journey in thought form, a sensing or a knowing where you are and what you see. We all experience our imagination in different ways. Be open to however it presents itself to you.

Begin to walk down the path, observing as you walk. After a time you look ahead and see an entrance into a dark place. Follow the path and enter.

As you walk inside it is dark but you are able to sense which way to go. What do you hear? What do you see? Where are you?

After some time, you come to a large space, like a room, and you sense this is your destination...This is where you fear resides.

You find a place to sit, and you wait. You wait for your fear to show itself.

And from the shadows, it emerges.

You see it coming out to look more closely at you. What does your fear look like?

As it comes closer, introduce yourself. Tell your fear that you are here to learn from it, to understand and get to know it.

Does it have a name?

Ask your fear what it wants you to know.

Ask your fear any questions you have for it.

When you feel you have learned what you came here to learn, thank your fear for the wisdom it has shared with you.

As you rise, turn and walk back on the path. Back out into the light, back to where you began your journey. With your next breaths, become aware of your chest rising and falling, become aware of the sensation of your body pressing against the surface you are on. When you are ready open your eyes.

CREATE THE PORTRAIT OF YOUR FEAR

If you are working in a journal:

Using a pencil or marker, on a lefthand page begin to write everything you remember from your journey. Document all you learned, and every thought and insight you had. This is your deepest wisdom, this is a gift from your soul to you. If you need more than one page, continue writing on the back of the righthand page.

Next, on the righthand page, using a pencil or maker, begin to draw the outline of your fear. For example, if your fear was a mouse, just draw the shape of the mouse, like a silhouette. Then add in details like the eye, the mouth, whiskers, etc. Add in as much detail as you want to.

If your fear has a name, write it on the portrait.



If you are painting on a canvas:

With the acrylic paint marker write everything you remember from your journey. Document all you learned, and every thought and insight you had. What did it tell you? What is it's name? What thoughts and reactions did you have? Write those as well. This exercise is about accepting your fear, not resisting it. Whatever it told you, this portrait is a place to fully honor it. Maybe you learned something about where it comes from. Maybe there was an event or experience that triggered this fear. Add all this information onto this first layer. Take a photo.

Next, cover the canvas with color...any colors you want. This will be the background for your fear portrait.

Now add any symbols, shapes, or stencils you want to decorate and add interest. you can also add papers and fabrics, using paint to "glue" them in place.

Using a paint marker or a narrow brush and paint, draw the outline of the shape of your fear and then fill it in, adding color and details you remember from the journey.

If your fear has a name, write it on the portrait.

TAKE ACTION

Now that you have completed the Portrait of your Fear, place it near where your creativity happens. Whenever you begin a new creative adventure, acknowledge it, thank it, and then....carry on with your creative adventure. Fear will be with you, but you are calling the shots.

LET ME KNOW WHAT YOU THINK

I would love to know how this exercise affected you. What insights did you get? What do you plan to do based on what you learned?

You can share your results with me and the others in the Soul Path Tribe on **The Soul Path Network Facebook Group** where you will find a community of people devoted to personal and spiritual growth through creativity.

Namaste!

Larissa

LARISSA DAVIS IS
the Soul Path Artist