

Into the Shadows

Facing the Fear Guide Module

*“All the darkness in the world cannot extinguish
the light of just one candle.”
– St. Francis of Assisi*

In the following exercise, you will experience fear hunting firsthand as part of your life purpose discovery.

Scan your memory in 5-year increments, from infancy up to today. List the memories associated with fear.

Vividly describe what happened and who was involved.

What did you decide:

- *About life, yourself and the others people involved?*
- *What did you think?*
- *What did you feel?*

0-5 Years Old:

6-10 Years Old:

11-15 Years Old:

16-20 Years Old:

21-25 Years Old:

26-30 Years Old:

31-35 Years Old:

36-40 Years Old:

41-45 Years Old:

46-50 Years Old:

51-55 Years Old:

56-60 Years Old:

61-65 Years Old:

66-70 Years Old:

71-75 Years Old:

75-80 Years Old:

Identify the three greatest events or days in your life. Describe these in detail, reflecting on what made them significant.

Great Event #1:

Great Event # 2:

Great Event #3:

Identify the three worst events or days in your life. Describe these in detail, reflecting on what made them significant.

Worst Event #1:

Worst Event # 2:

Worst Event #3:

Facing the Fears of the Past

An Alchemical Shift



Review these events within your timeline, looking for patterns. Uncover the hidden miracles they hold.

You have the power to transform your fears into wisdom and strength. This alchemical process begins with embracing your fears and allowing them to teach you. Fear, when faced directly, can become an ally in your self-discovery. The ego thrives where fear is hidden. Yet when you bring it into the light of awareness, fear loses its power.

The narrative the ego spins, one of limitation, doubt, and unworthiness, begins to unravel. You start to see fear not as an enemy but as a guide, pointing you toward areas ready for healing and growth.

As you review your life timeline, slow down your mind. Presence is key. Bringing awareness to the fear-based events of your past, you can feel a literal shift in your body and mind.

**This is the alchemy of transformation,
where fear dissolves and purpose emerges.**

FEAR HUNTER

*It takes a sane and fearless mind
to see fear for what it is.*

The Awakening Edge

Illumination Meets Shadows

Confronting your shadows automatically activates your inner light. Imagine a pathway of “endarkenment” where shadows are made darker, yet more visible, by shining your light brighter. It means shining your light into the darkest corners of your being. Facing uncomfortable thoughts, unresolved traumas, and deep-seated fears requires turning inward. When you turn to face the shadow, your inner light switches on. Darkness is not an enemy; it’s simply an absence of light.

Now let’s explore the deepest corners of your mind and soul where your most profound fears, resentments, guilt, and shame reside? By shining the light of courage into these dark places, you’ll uncover hidden truths and claim the freedom, power, and inspiration of who you truly are.



*The shortest route
back to purpose
is **forgiveness.***

The Light of Courage

Looking in the Depth of Darkness



Answer these questions thoroughly, with honesty and presence:

- What have you most resented in your life?
- What have you felt most guilty for?
- What have you been most ashamed of?

These may be one-time events, a series of episodes, seasons, or situations that have persisted for most of your life.

Write these down so that you can see them on paper, outside of you. Be deliberate and thorough about what happened. Write what you thought, the feelings you felt when they happened, and how you feel now as you look back. Include your thoughts and feelings about the other people involved too.

Fear grows in denial, confusion, and projection.

Fear dissolves when it is exposed.

Complete these sentences thoroughly, with honesty and presence.

What I have most resented in my life is:

What I have felt most guilty for is:

What I have been most ashamed of is:

Distilling Your Shadow

A Point of No Return



Once you have exposed your starkest shadows, from the fears of the past, you will have reached a point of no return. You will not be able to unsee the patterns and their fear-driven detriments. This is an opening to major healing of your past and awakening to the future. Review your work asking yourself, “**have I been thorough and honest, leaving no stone unturned?**”

This is not the kind of work you want to half-ass. If you can answer yes honestly, you are ready to bring it all together in a very unlikely, yet reliable doorway to freedom. ***Don't turn back now.***

Imagine condensing what holds you back from within so that you can get your mind around it in three minutes or less. This will enable you to pinpoint fear-based beliefs and habits in almost any situation. With the work you have done, you can now organize the majority of what holds you back onto a page. That's right!

As we bring shadows to light, they dissolve in our forgiveness.



Treasure at the Bottom of Your Heart

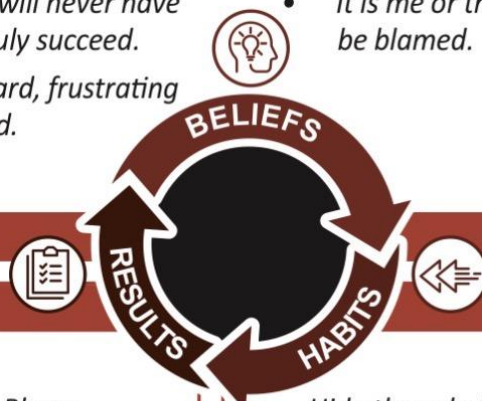
Ground Zero

Before completing your own Fear-Based Thought System, review this example.

Notice how beliefs create habits and habits produce emotional results. Your goal is not to copy this example, but to understand the process of distillation.

Fear-Based Thought System

- *I'm not good enough, unlovable, and unwanted.*
- *Life is the hopeless avoidance of death or seeking death to solve life's misery.*
- *She hurt me — Women are needy, weak victims, or bossy and controlling.*
- *He hit me — Men are mean self-centered, selfish, manipulative asses.*
- *I can be stupid and will never have enough ability to truly succeed.*
- *Relationships are hard, frustrating and too complicated.*
- *Work is my punishment for being a failure.*
- *My body should be different. It is proof I am alone and death is real.*
- *Love left me... they took it away from me.*
- *This should be different. Life should be different. I am in trouble.*
- *It is me or them - Someone has to be blamed.*



- *Afraid*
- *Sad*
- *Angry*
- *Remorseful*
- *Resentful*
- *Guilt*
- *Blame*
- *Shame*
- *Adrenaline*
- *Depressed*
- *Despair*
- *Defeated*

- *Hide these beliefs.*
- *Judge, attack, and punish myself and others.*
- *Be sarcastic, inferior or superior.*
- *Try to eat or buy my way out of bad feelings.*
- *Desperately hope someone will save me.*
- *Use them for my needs.*
- *Be defensive: fight/flight/freeze.*
- *Be righteous. Complain.*
- *Drink & eat more, do more drugs. Shop.*
- *Withdraw and withhold myself and love.*
- *Avoid emotions and check out.*
- *Take revenge.*

What % of your thoughts, energy, and action are driven by this fear-based thought system?

Do you want to live 

ON PURPOSE NOW.

Will you see and admit what is in the way?

The exercise on the next page shows a way to distill your fear-based thought system down to the core of what holds you back from within.

The process is simple. Sift through your notes, preferably in order, asking these questions.

- 1. What were the core beliefs?**
- 2. What were the underlying behaviors and unconscious habits?**
- 3. What are the feelings and emotions that result from these beliefs and habits?**
- 4. Make three lists and organize them using the exercise on the next page. Do your best to distill them as much as possible.**

Also do your best to assure you have identified your MOST FEARFUL Beliefs, Habits and (emotional) Results about:

- **Yourself**
- **Your view of Life**
- **Men**
- **Women**
- **Your Limits**
- **Love**

These are the roots of the Fear-Based Thought system.

- 5. Review these regularly and they will provide a steady fuel for your life on purpose.**
- 6. Learn to see how what we don't want running our life, points us directly to what we do want.**

I encourage you not to miss the opportunity this provides to set yourself free.

