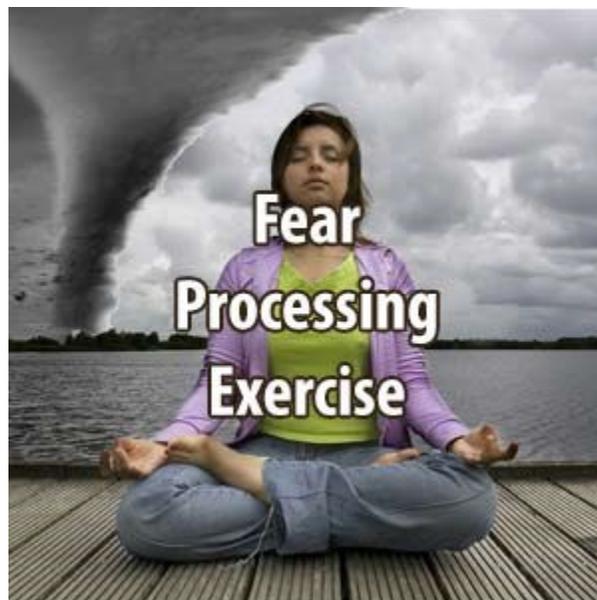


# Fear Processing Exercise

By Inelia Benz © 2010



**You can do this exercise at any time, whenever you feel fear.**

For best results, it is best to do it in a quiet and private space and working through a list of fears you have written beforehand.

If you would like to listen to Inelia guide you through this process you can purchase the [audio recording](#) of this exercise.

<https://ineliabenz.com>

# The Exercise

Sit or lie down comfortably with your back straight and close your eyes.

Breathe in deeply and slowly into your abdomen, then breathe out as fast as you can.

Repeat, breathe in slowly, then out as fast as you can.

And once more, breathe in slowly and slowly, then out fast.

Now continue breathing at your own pace.

Scan your physical body from head to toe, to find the energy of fear.

Look for fear. If you cannot find it, read one of your fear items in your list and scan your body again.

Once you find fear in your body, simply look at it.

Don't analyze it, just look at it.

Allow it to be there.

Allow it to exist.

Allow it to grow and to be.

It could be a physical discomfort, such as a knot, a pain, a location of energy, or through a thought or memory, or it could be just the emotion of fear.

Just look at it.

Observe it.

Feel it.

Allow it to be here.

And say, "fear, you are welcome here."

Welcome here.

Welcome fear and allow it to grow.

Let it get bigger and bigger.

Allow it to grow, and grow... as big as it can go

Let it be as big as it can possibly get.

Allow it to express itself to you.

But don't analyze.

Simply allow whatever comes.

Whether words, thoughts, memories,

Follow it if it changes into another emotion,  
or changes locations in your body.

Whatever it does, welcome the new expression. "you are welcome here, thought... you are welcome here emotion, words, memories, you are welcome here fear."

You are welcome here.

Watch it. Observe it.

Now, allow yourself to get closer and embrace fear in whatever expression it has chosen.

give it light and love, and allow it to exist.

Thank it for whatever job it had for you, for being with you for so long.

Now, release it into Oneness. Allow it to go free back into Source.

Breathe deeply now.

As you breathe in, breathe in light and love. And as you breathe out, allow that light and love to go to and fill the space where fear used to be.

Now, simply breathe deeply and slowly.

Breathing in light and love, and as you breathe out, allow that light and love to expand throughout your body and out into your environment.

Now, scan your body from your toes to your head and see if there is any of that fear left. If so, repeat the exercise straight away. If not, you can use your list to repeat the exercise, or end now by opening your eyes and having a good stretch.

Repeat this exercise every day until there is no more fear in your life.