



BEFRIENDING FEAR

What the fear is here to tell you.

A five-step practice for treating fear as a messenger instead of an enemy.

WHAT THIS IS

Most spiritual circles tell you fear is bad, fear is the opposite of love, fear is the obstacle. The truth is closer to the opposite. Fear is one of your most useful internal signals. It points at something that matters, something at stake, something the rest of you doesn't yet know how to handle alone.

This is a five-step practice for working with fear instead of pushing it away. Use it when fear shows up about a decision, a conversation, a change you can feel coming. Adapted from *Ayahuasca for the Modern Mind*, alongside the companion talk *How to use fear to your advantage*.

THE PRACTICE

01 Locate the fear in the body.

Where do you feel it? Chest, stomach, throat, jaw? Don't analyze it yet. Just place attention where it lives, and let it be there for a few breaths. Most of fear's grip loosens when it's noticed without being argued with.

02 Name what it's pointing at.

"What is the fear actually about?"

Be specific. Not *"I'm afraid of failing."* More like *"I'm afraid that if I send this and they say no, I'll have to face that I'm not as capable as I tell myself."* The fear gets quieter when you name what's underneath it.

03 Ask what it's protecting.

Fear is rarely random. It's protecting something. Maybe an unhealed wound. Maybe a self-image you've worked hard to maintain. Maybe a real risk that deserves attention.

Ask: "*What part of me does this fear think it's keeping safe?*" Wait for the honest answer.

04 Decide what to do with the message.

Now you have a choice fear couldn't make for you. There are three:

— **Heed it.** The fear is right. Don't do the thing. There's a real reason.

— **Move through it.** The fear is real, but the thing on the other side matters more. Walk forward anyway, with the fear, not without it.

— **Tend to what it's protecting.** The fear is pointing at an old wound, not the situation. The work is on the wound, not the decision.

05 Thank it.

Sounds odd. Try it anyway. Out loud or in writing: "*Thank you for showing up. I see what you were trying to protect. I've got it from here.*"

Fear that's heard relaxes. Fear that's pushed away gets louder. The thank-you is not spiritual cosplay. It's the move that lets the part of you doing the fearing know that it can rest.

CLOSING REFLECTION

Pick one fear that's been with you recently. Write for ten minutes:

What this fear is pointing at is _____. What it's protecting is _____. What it would mean to listen to it instead of fight it is _____.

*Drawn from Iván's work on fear, alongside the companion talk *How to use fear to your advantage*.*

ivanhocron.com