

Make an appointment with your fear.

When we are having fearful (critical or any disempowering thoughts) that are more difficult to replace with positive more empowering ones, we can make an appointment with our fear at 3 o'clock on Friday or whatever time works for you. But you don't want to start or end your day with your fear. This let's your mind know you will deal with these thoughts and allows you to be present to whatever you are doing. When Friday at 3 rolls around (the time you designated), if you feel a need to keep your appointment, get out a pen and paper. Give your fear a voice. Write down everything it has to say so the energy can move. Only take about 5 to 10 minutes at the most because you don't want to put a lot of attention on your fear. You want to shine the light of awareness on it because often they are just phantom fears.

Then ask yourself these questions:

Is it really true?

Is this happening right now? Often our fear is about things that haven't happened and may never happen.

Do I want this to happen? Most likely the answer is no, so stop putting your attention on your fears. Because where we put our attention the universe reads as our intention so we're making it more real in the process.

The third question is Am I doing everything I can with what I have, to have a different outcome.

If needed, you can tell yourself if it did happen that you and your God will get through as you have other things.

As Michael Beckwith said, "don't tell your God about your big problems, tell you problems about your big God."