

# clarityPointcoaching

## The Replacing FEAR with LOVE Visualization

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**Goal:** *to forgive your self and let go of the fears holding you back and destroying your peace - and replace them with perfect love. This exercise could be done daily, one a week or once in a while as needed.*

Find a quiet place where you won't be disturbed, close your eyes and imagine yourself standing in an empty room. This room is a place where you feel comfortable and safe.

Pay attention to your body and any physical pain you might be experiencing. Think about what that pain might represent (your burdens, fears, anger or discouragement.). Imagine the pain as dark tar-like sludge inside your body.

Think about the fears and concerns that are currently stealing your peace. What are you afraid might happen? What will that say about you if it does happen? Get really clear on these fears and worries and imagine them as more dark sludge in your body.

Think about your past mistakes and the pain, guilt and shame they bring up for you. Think about what you are afraid they say about you . Picture them as more black tar that you are carrying inside you.

Take some time and really feel the pain and fear you are holding around these things. Experience how awful and heavy they feel. *You don't have to carry them around any longer.*

Imagine yourself pulling all this dark sludge out of your body and piling it up in your hands. Reach into those places of hurt and pain, and pull it all out and add it to your pile.

Pull out each past mistake one by one. Pull out each fear about your future and specifically name it as you pull it out and add it to the pile. Pull out any physical pain you are experiencing in this moment and feel it dissipate as you remove it from your body and place it in your hands. You don't need to own it anymore. Release all the pain, fear and discordant energy from inside you – and heap in onto the pile of sludge.

Then imagine handing that pile of black sludge over to God (Christ, the universe or whatever works for you). Imagine God taking it from you and holding in his hands in front of you. (I don't actually see God in my visualization I just see his hands and that is enough.)

Imagine Him saying to you, "My love is bigger and more powerful than these fears and pains." Watch as He moves the ball of sludge around in His hands. As He does this it begins to slowly change. It goes from black to grey, to white, to a shining warm beautiful gold. *It now represents Gods perfect love* – his forgiveness and the power to heal you and take away your pain.

Imagine God handing this glowing light back to you. *Take it from Him and replace it inside your body.* Feel the warmth of love and peace washing over you. *You now feel nothing but loved and safe.* God's love is big enough and powerful enough to wipe out anything negative in your life. Take some time to feel and accept His love before leaving this moment. There is nothing God's love can't fix or overcome.