



*The following lessons and exercises are from **Fear is Not An Option**, by Monica Berg*

FEAR WORKSHOP

"Life is when there is certainty. When there is no certainty, we are not living because we're always living in fear." - Rav Berg

Write down your three biggest fears.

- 1.
- 2.
- 3.

Of these fears, can you identify which fears are healthy, illogical, and real? Label them as such.

Of the three above, choose the one that you would like to tackle first.

I would like to eliminate my fear of:

Take a moment to journal how your life, relationships, or specific experiences would be changed if this fear was removed.



Burning Your Fears

As we move through understanding and removing our fears, there is a potent tool that can help you to release feelings of fear and negative thoughts as they arise.

There is a story in Kabbalah that before Rav Issac Luria, the Ari, came to Safed, the greatest kabbalist before him resided there. While working together, the man exclaimed to him, "I am going to give you a tool that I heard from a very wise man to clear our mind of negative thoughts." And continued, "This wise man told me that if you have a negative thought, if there is a negative thought that is bothering you, you envision this verse *esh tamid tukad al hamizbeach* (an eternal fire will burn on the altar), you envision the words, and you envision the fire, and you throw the thought into the fire, and you burn it up. And you do that once, twice, three times."

אֵשׁ תָּבִיִד תִּקְדַּד עַל הַמִּזְבֵּחַ לֹא תִכָּבֵה:

We can do this too. This can be applied to negative thoughts that arise in real-time, or you can work with the fears you want to release.

It works like this:

- Bring the fearful or negative thought into your mind.
- You can either meditate on the verse *esh tamid tukad al hamizbeach* and create a fire in your mind. Or, if you have the ability to safely create a real fire, you can do that as well.
- Whether you build a fire or envision that fire, it is important to throw your thought in as many times as it takes before you feel it is truly burned from your consciousness.

The truth is, no matter how much work we have been doing, even if we are following and using all of the tools every day, no change will occur until a real shift in our consciousness is made. Our ability to shift our consciousness is one of our greatest strengths. As we work toward removing fear and negativity, we do the work of awakening greater and greater positive thoughts. This, in turn, creates more and more Light in our lives and openings for more blessings. It makes this particular tool of burning our negative thoughts a very powerful one. And it can be done almost anywhere, anytime.