



## Angel Instant Fear Release Technique

Definition (FEAR): Fantasized Emotion Appearing Real

### Tools to get out of FEAR:

1. Feel it in your belly
2. Put your hand on your belly and raise your belly with your breath.  
(This relaxes your diaphragm and, therefore, relaxes your nervous system.)
3. Ask yourself these five questions:
  - What do I see?
  - What do I smell?
  - What do I hear?
  - What do I taste?
  - What do I feel on my body?
4. Repeat this mantra: Where I am, God is. Where God is, I am.