

How To Dissolve Fear



Mushiba: We all feel fear ~ it is necessary, for as we overcome fear, we grow and strengthen. The *experiencing* of fear is meant to give us our own method for facing future fears. Yet, sometimes it is helpful to find a new way to Dissolve Fear. Waith gives us the following information about *How To Dissolve Fear*:

Waith: *“You will face your fears in your own time ~ it is a process. You could consult others who have gone through similar instances of fear and gain information on what they did. However, you must face your fears in what is proper for Self, for the Soul issues of what presents fear to you are unique to Self. While there may be similarities with others, remember that each of you is an individual energy having your own set of experiences that contribute to what makes you who you are.*

“Here is a simple way to dissolve fear: Begin by calling upon the protective forces of the higher Light to surround you with Light. Envision the fear you feel and allow Self to feel that fear. Surround that image of the fear with soft White Light. Use the image of the Light to penetrate the image of the fear ~ thus, you are confronting the fear. Surround that fear with the

Light and dissolve the fear. Once you have dissolved the fear, continue to call upon the higher White Light forces and allow the fear to leave you completely.

“You can do this as many times as you need. The deeper the fear, the more you may need to use this imagery to help you. Each time you do this, it will chip away at that fear because while you are able to dissolve the fear in your imagery, it will take some time for it to be truly gone. Each time you visualize the fear, the fear will become smaller and smaller and there will be less to dissolve, until you reach the point where the fear is completely dissolved.”

Sometimes, a fear we thought had been overcome, returns and we must face it again. When this happens to me, I use this particular imagery to dissolve that fear. During this time, fear is overcoming many people, so using this visualization to dissolve fear, we can also continue to ***Focus on Lightheartedness and the Spreading of Light!***