

Worst/Best Fear Process

During these uncertain and challenging times...

- **What are your worst fears?**

[Just relax, open your body and let all your fears arise of their own accord, giving permission for *any* emotion to come up. Write down a list of each of your worst fears and how that makes you feel]

[Ask yourself:]

- **What's the worst that could happen?...**

[Imagine the worst that could happen and experience how that makes you feel. Write down]

- **And how does that really make me feel?...**

[Just allow the feeling to come flooding... Really welcome it... As you let the feelings grow stronger, keep asking yourself the questions from the box beneath. Continue asking until your experience spacious openness, vast nothingness, pure awareness, or similar]

- **If that happened, then what's the worst that could happen?...**

[Write down]

- **And how does that really make me feel? ...** [Write down]

[Continue opening into pure awareness, vast consciousness, by asking:]

- **What's in the heart of it?...** [Write down]

- **What's the essence of this?...** [Write down]

- **What's revealing itself?...** [Write down]

[Then ask repeatedly until you resting deeply in an ocean of presence:]

- **Who am I? ... Who am I? ... Who am I? ...** [Write down]

[When you are resting in spacious consciousness then begin asking:]

- **If you were to do a Journey process and clear this fear then...
What's the best that could happen?**

- **And if that happened, what's the best that could happen?**

[Keep opening and writing this vision down until this list is longer and stronger.

Let it be inspiring!]