

CORE FEAR PROCESS

WORK THROUGH CORE FEARS TO PROCESS DISTORTIONS

this process is one of my core teachings in my upcoming education **Transformation Worker** and my business programme **The Venusian Temple**. **This is my own process.** Please do not share this work as your own.

What you need to understand about manifestation is, if you only approach it with visualisation or even spellwork, you are working very superficially. When something isn't manifesting, it is because we are subconsciously rejecting it - this can be for different reasons.

One of those reasons is because we have CORE FEARS that are creating resistance and **distortions**. Distortions mean, that because we have core subconscious programming that makes us believe certain things about life or our identity, that keeps us from understanding the messages our intuition is sending to us clearly.

Our intuition is our gateway to creating the life that we truly desire, as it is able to tap into knowledge that goes far beyond what our human mind can comprehend. However, when we are not able to hear it clearly because of our distortions - the messages it sends to us becomes diluted.

Say, you have a core belief that you need to work hard to be loved.. Well, that means if things are easy, you won't be loved. Your subconscious will want to protect you, so when you ask "how do I earn X amount of money per month" - your intuition hears "earn X but make it hard" and shows you exactly how to do that...

Which is why, just visualising for the things you want, will not get you there.

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Step one.

The desire - The Fears - And the gains

Sit down quietly and undisturbed. Then write down what you are trying to manifest. Let's say - "I want to manifest love".

And then you write down ALL of the reasons why you are afraid of that - or resisting that. And all of the reasons it might benefit you to stay where you are.

"If I find love, I might lose it and have my heart broken."

"If I find love, I might lose my close bond with my girlfriends"

"If I find love, they might still be an asshole like my ex and I'll get even more traumatized"

"I don't even trust my ability to chose the right partner"

"I actually fucking love my alone time"

"What if they are avoidantly attached"

"My mom and dad divorced anyway"

"I don't really believe in love"

Continue to write everything that you can think of, that might be affecting you here

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Step two Core theme

In this section, I want you to boil down everything you have written in the part before into a couple of sentences that are the CORE THEMES of everything you wrote. It could sound like.

"I don't trust my ability to chose the right partner. Love always falls apart and fucking hurts. I feel great when I am single, I am connected to my friends, whats the point when it's just going to be painful anyway."

Step three Core Wound

In this part, we have to go deep.

I want you to look into your past and write down all experiences, moments in time where you think, you might have had this feeling.

What is the core experience that taught you, that love is not to be trusted, that you can't find love, love hurts or always falls apart.

Write all of the ones down, that you can think of, and try and feel the feelings of that core wound. Write down 1-5 how intense the emotions of that core memory feels like.

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Step four **Feel the pain**

Once you have localised the core wounds that are related to your desire, and written down intensity. I want you to take the one that has the most energy behind it.

And then, I want you to go into this memory, as far as you can take it. feel the emotions, the pain, go into as much detail of the memory as you can. The more you can open up the wound, the more we can heal it.

Step five **Loving presence**

Once you feel like you have felt the essence of that core wound to the fullest, now is the time to connect to your highest self, your intuition, your loving and nurturing presence.

Imagine that you are holding the version of you that went through that pain from the past on your left side, and your higher self on your right side. Now I want you to speak to your younger self from your higher self, tell that version everything they need to know.. The truth, coming from a higher source of love and connectedness.

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Step six Integration and deep healing

When talking to your past self, make sure you address all of the fears that we've addressed in the first steps.

It can sound like

"You know love is real. You have seen it, you have felt it. Every single time you've chosen the "wrong partner" you have already known in your bones that they weren't the one. You can trust yourself. Love is real, it is coming. You KNOW it is. And you know exactly what it's supposed to feel like. You KNOW you can trust yourself and trust your intuition because every time you have, it always leads you to the right place"

And while saying this you can do EFT tapping to really rewire it into your nervous system - and ground into this truth deeply.

The last and final part of this step is..

NOW we visualise.

We connect our past self with our higher self, join them at the middle and make them one. And once we have done that, we are imagining exactly what we desire to create.. Now without resistance.

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And... The extra hidden step

Sometimes - often, especially in the beginning - this process needs to be worked through a couple of times.

You already have a list of other related core memories that needs to be worked through, but as this can be quite an emotional process, I recommend spending about 30 minutes a day to work through all of the things that are coming up for you, and are holding you back when it comes to creating what you desire.

You will find that as you are working through it - more and more of the things you are desiring will start to manifest, because you will have less resistance towards receiving them.