



Fear Transformed

“Life is either a daring adventure or it is nothing”

Helen Keller, blind and deaf since birth



**International
Institute for
Transformation™**

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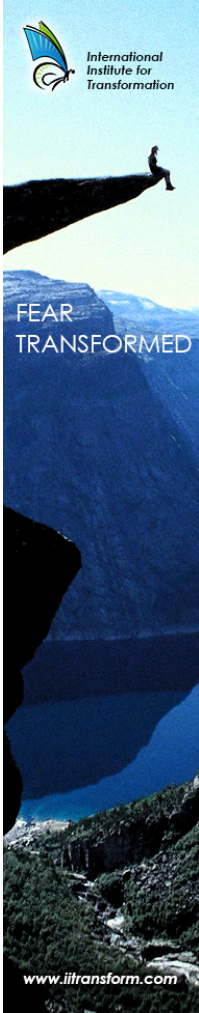


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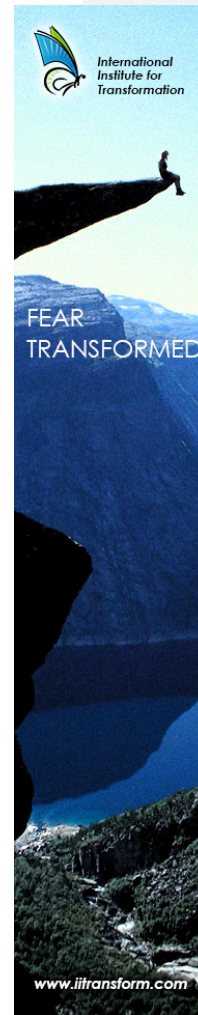
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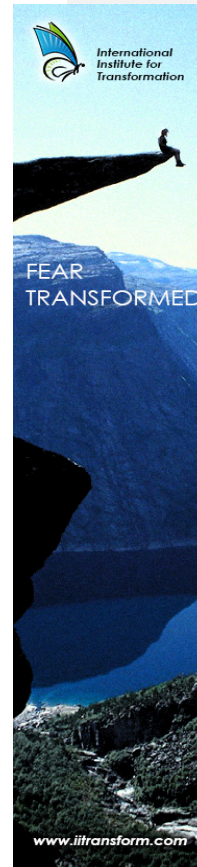
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Welcome



Tanis Helliwell's video "Introduction to Fear Transformed Course" can be viewed here (or scan QR code at left and go directly to Youtube):
<https://youtu.be/rXWi1RwkH7o>

Acknowledgements

Tanis Helliwell has taught *Fear Transformed* in universities, business schools and in her spiritual transformation courses for over 30 years. This is the first time she has offered her work and her fear assessment questionnaires for self-study.

Endorsements for Fear Transformed

"Fear is the biggest cause for holding us back in our lives and not living up to who we truly are. As a result we feel exhausted or depressed or resentful or a combination of these. Learning to acknowledge and name the many fears we have and then face them is not easy but what is needed to lead the self-empowered and fulfilling lives we so yearn for. Fear Transformed offers powerful tools and practical exercises to do just that: address our fear, face our fear and then actually smile at our fear thus freeing us from it." V. Deeken, Management Consultant, Germany

"Tanis Helliwell has a natural talent for healing. She is full of energy, creative and deeply intuitive. Her positive vision is palpable and generous." Michael Myers MD. Prof. of Psychiatry, Faculty of Medicine, University of British Columbia

"Fear Transformed will help you uncover, face, and transform fears that are holding you back in becoming the person you are meant to be: braver, happier, and more compassionate. A gift to yourself and others to help you uncover your true Self." Sally Burnley

"After meeting and studying with Tanis, everything in my life made sense." Stephanie Kusie, Lawyer and former Canadian consul to San Salvador

Disclaimer for Use of IIT materials

Upon taking our International Institute for Transformation courses, I UNDERSTAND AND AGREE TO THE FOLLOWING:

1. The information within the course materials will be used solely for my own benefit and not taught, shared, or reproduced in any way without the prior written permission from the International Institute for Transformation.
2. The course materials are for educational purposes only. The authors and the International Institute for Transformation do not directly or indirectly present any part of this work as a diagnosis or prescription for any health problems. Persons using the text procedures and re-educations do so for educational purposes only.

IIT MISSION STATEMENT

The International Institute for Transformation (IIT) believes that human beings are called to become conscious creators working with the spiritual laws that govern our world. Global and organizational transformation happens through the transformation of individuals.

We are committed: to supporting individuals to achieve self-mastery in their life, work and world; to creating ongoing communities for transformation.

FEAR TRANSFORMED COURSE OVERVIEW

Is fear controlling your life? Are your fears holding you back? Are you a slave to the negative effects of your past and worries about the future?

MOVE FROM FEAR TO LOVE

This course includes a revealing Fear Assessment that identifies specific areas of focus for you, like; fear of the unknown, fear of rejection, fear of failure or success, and fear of loss of control.

How You Benefit from this program:

- Fear Transformed gives you actionable solutions to overcome obstacles
- Experience a past life regression to examine the cause of issues you're facing today – and release them.
- Examine the differences between how you present yourself to the world and what is going on inside
- Eliminate repetitive dialogues and issues
- Develop self-awareness, self-acceptance and self-love for a more confident you
- Heal broken relationships
- Develop greater intimacy with yourself and others
- Embrace gratitude as a way of life; appreciate the gifts in your life
- Act on and achieve your life goals
- Step onto the path to achieving your highest potential. Liberate yourself from false illusions and gain a greater sense of freedom. It's time to receive the support you really need to be happy and fulfilled in your life.
- Leap into the challenges that life presents – build an authentic brave heart!

I wish you a wonderful journey.

HOW THIS COURSE WORKS

Methodology

- Designed to be self-directed, or facilitated in a group.
- Modular format.
- Each module contains information, exercises/activities, homework assignments or action plans, helping you to identify your own key learnings.
- At the end of this workbook is a “*Learning Journal*” page. When you cover something in a module that you would like to use, write it down on this page to remember your “ah ha.”

Ideas and Insights Useful to Me	How They Could be Applied in Life or Work
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Resources

- There are 5 mp3 Audio Recordings
- Fear Transformed Workbook.
- Fear and Work Self-Tests.
- YouTube links.

Tips for Group Study

This course is designed to be a self or group study.

If you decide to form a group study:

1. Choose a facilitator to guide the process.
2. Meet regularly at least once a month and do one module each time you meet. Meetings can be ideally on a Saturday or Sunday or you might choose to do two lessons together on a Saturday **and** Sunday. The minimum would be one evening during the week for 3 hours. Complete homework assignments between modules.
3. Commit to completion of assignments.
4. **** **Group Introductions.**

If you are studying in a group you need to add an additional session before Module One. In this session ask each member to introduce him or herself and each person will share hopes and goals for attending the course. You may also wish to review the introduction together so that every member clearly understands the process for the course. We recommend that you end this first session after the IIT Guided Visualization on page 5 and then start the second session with Module One.

Protocol for all the sessions

Begin each module with the following protocol.

1. Create a sacred space (see explanation below).
2. The Great Invocation.
3. IIT Guided Visualization.
4. Check in with each other on progress to date.
5. Debrief specific homework assignments.
6. Set intentions for each module.
7. Proceed with new module as directed.

Creating a Sacred Space

Because of the spiritual nature of this course it is highly recommended that at the beginning of each session you create a sacred space and an intention to be open for your experience. Creating a sacred space provides a vessel for the Divine or our Higher Self that allows you to go deeper into your experience through a merging of your personality and your soul. The experience is more creative and meaningful.

You can create a sacred space by having an altar with anything you want to put on it, or have blessed. For example, a special picture, a gemstone, flowers, etc. A 3-flame candle or three candles should also be on the altar and lit during the session.

Significance of a 3-flame candle:

The Buddhists say we have a 3-fold flame in our heart...love, wisdom and divine power or will.

In the Christian tradition of the Holy Trinity it is:

Will/power – The Divine Father

Love – The Christ

Wisdom- Holy Spirit/Sophia [which ignites the flame in each of us]

Now you are ready to connect with and call in Universal energy. In the IIT community we begin every session with this powerful world mantra that connects you with other world servers and the Divine. Use this prayer with intention and dedication, preferably every day and definitely at the beginning of each session.

This invocation was given to Alice Bailey by the Ascended Master, Dwhal Khul.

THE GREAT INVOCATION

From the point of Light within the Mind of God
Let Light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let Love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men
The purpose that the Masters know and serve.

From the center which we call the race of men
Let the Plan of Love and Light work out.
And may it seal the door where evil dwells.
Let Light and Love and Divine Will restore the plan on Earth.

This visualization follows the Great Invocation ...

IIT GUIDED VISUALIZATION

And as we say these words we can see the energy coming from the Great Central Sun, our Creator, down through our crown chakra and through all of our chakras down through our feet deep into the heart centre of the Earth—this gift of Light.

The Earth receives this energy with gratitude and reciprocates by sending another wave of energy up through our feet to our heart chakra and to the Deva of Form for IIT which is like an immense beautiful pink lotus connecting us to each other with a ray of love, wisdom, and will energy.

We see this energy moving to support all members of the IIT community around the world each of whom is standing on one of the petals of an immense pink lotus. Our energy resonates in harmony creating a grid of light around the world. This circle spreads out to form a larger grid of light around the world linking all spiritual groups and sentient beings who are bringing consciousness to this planet—the Hindus, Buddhists, Jews, Christians, Moslems, First Nations, Anthroposophists, Self-Realization Fellowship, elemental groups, New Age groups. Together we see our energy linked in harmony and we raise this energy up and send it back to God, the Great Central Sun, with gratitude for our life on this planet and the opportunity to become conscious Creators.

The energy is received by the Great Central Sun that reciprocates by sending forth a larger wave of energy back to us through, our Sun and the Ascended Masters. It comes down through **El Morya**, who is the head of all esoteric groups, and the founder of IIT, who holds the **‘will’ principle**. This energy comes down through the feminine presence of God through the **Holy Spirit and Sophia**, who is the Divine Mother that holds the **‘wisdom’ principle**. The energy comes down through the **Cosmic Christ**, the child of the Divine, who the **‘love’ principle**.

The three-fold flame that resides in each of our hearts is fueled by this energy. We see this energy expanding to include our entire body and beyond. We give this energy to the Deva of Form who creates the structure for IIT. We see this institution grounded like a healthy tree with roots deep in the Earth, stable, and offering these three principles of love, wisdom and divine will throughout the world.

With great gratitude we thank El Morya and Ascended Masters in all spiritual traditions, the Holy Spirit, Sophia the Divine Mother, the Cosmic Christ, and the Deva of Form for IIT, for all their assistance today and every day. May we all be strong and anchored in the light of love, wisdom, and divine will.

Video:

Tanis Helliwell gives a video introduction to the Great Invocation and the IIT Meditation. Link here to view: <http://youtu.be/51QTcFLT00A>

Tanis Helliwell leads the IIT Meditation. Link here to view: <http://youtu.be/rFpxZVx-3DU>

Module 1

Note: Begin each module by creating a sacred space, followed by the Great Invocation and IIT Guided Visualization.

If you are studying in a group or with a partner, begin Module 1 by setting guidelines for how you are going to maximize this opportunity to learn together. If you are completing a self-study, set your intention of learning and schedule specific times into your calendar for each of the 8 modules. It is important at the beginning of this course to examine what your goal is for yourself and, if you are studying with others, share this goal with them.

A Sleep of Prisoners

The human heart can go to the lengths of God.
Dark and cold we may be, but this is no winter now.
The frozen misery of centuries breaks, cracks, begins to move,
The thunder is the thunder of the floes,
The thaw, the flood, the upstart Spring.
Thank God our time is now when wrong
Comes up to face us till we take
The longest stride of soul folk ever took.
Affairs are now soul size.
The enterprise is exploration into God.
Where are we making for?
It takes so many thousand years to wake,
But will you wake for pity's sake?

Christopher Fry, 1951

Overcoming Fear and Building Trust

What Is Fear?

Fear is an uneasy feeling that something you don't want may occur. There are various levels of fear starting with mild anxiety, moving through increased nervousness and terminating in hysterical terror.

What Causes Fear in the Brain

The amygdala in our brain remembers harmful events. On recognizing signals of such events, the amygdala instinctively responds by triggering fear. These memories could have happened to us personally and therefore be unique to us, but also they may be from the collective memory that we have inherited from our ancestors over millions of years.

For example, most people have an inherited fear of falling, of being suffocated in enclosed spaces, of drowning and of being attacked by rats or snakes. Even stage fright and a fear of public speaking originate from an instinctive fear of becoming a focus of attention for predators. The fear responses of the amygdala for such events are often accompanied by the startle response.

On the individual level, if we have suffered a wound in childhood, such as the loss or love through the death or abandonment of a parent, sexual, emotional or physical abuse, our amygdala records this painful memory and we might try to numb that pain through drugs, sex, eating disorders, bodily abuse, shopping and many other addictions.

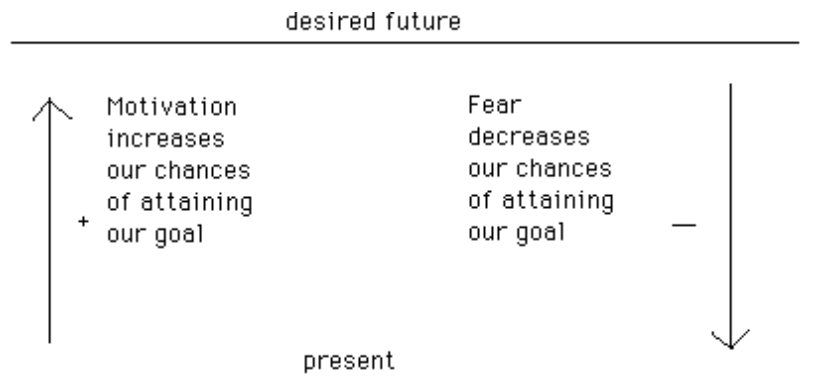
Self-awareness can help us to understand our fears better and acceptance of the fear experience will calm amygdala activity. With understanding we can acquire fearlessness and establish this as our new norm. Mindfulness, meditation, and many other practices will reinforce a calm state in us even when we are faced with an occurrence that formerly would have instilled fear in us.

What Are The Negative Effects of Fear?

The negative effects of fear are self-evident. Fearful people do not fully enjoy life. If you are spending your time and energy watching your back, covering your ass, playing it safe and falling in step with someone else's idea of what is important then you are not fulfilling your potential. Fear is infectious to anyone who has not removed the thoughtforms for fear and it is probably the root cause of almost all our negative emotions and actions.

Fear keeps you from becoming the person you wish to be. All people have hopes, wishes and goals for their lives. These are the joys and challenges that give life meaning and purpose. These goals can be small or large and could be anything from changing jobs to leaving an unfruitful marriage. When you are fearful, you hold yourself back from going after these goals.

Fear is the flipside of motivation. Understanding motivation is important in examining what people strive for in their lives and why there are differences among us. However, motivation provides only half of the picture, the half that is concerned with what pushes and drives people to get what they want. Let's call this the positive (+) force. If we are to fully understand why we don't actively seek what we want both in our work and in our personal life we need to look at the negative (-) force. This comes from the fears that hold us back.



When we examine human beings we see that their energy naturally moves outward to strive, create, change, learn and develop. Unlike animals, people have goals, hopes and dreams that pull them out of bed each morning and most importantly, people measure the success of their life based on whether they have achieved these goals. These goals are highly individualistic and depend on each person's set of values. For example, some people say their high point in life was having children, others say it was becoming a VP and still others say that life began at fifty when they packed in their well paying job to write a book.

What is important to people is not so much the goals that they set for themselves but that they achieve their goals. These are intrinsic motivators. We live and work at our full potential when we are physically, emotionally, mentally and spiritually engaged in moving towards the goals that we want. The major reason that we do not do this is because of fear, both on the part of individuals and of the society in which they live.

One of the insidious characteristics of fear is that even irrational fears appear rational. When we are fearful we are in an unbalanced emotional state. We lose our perspective; we take examples of what's not going right and extend them into visions of doom. Fear has a clinging quality that covers everything we look at in a murky gray. When we are fearful we see the glass half empty instead of half full and look for supporting evidence for why we can't get what we want.

Although fear is an emotion there is an erroneous thought that lies behind it. That is the scarcity mentality of "There's not enough love, success, money, happiness for everyone." This thought leads naturally to the next one which is "Therefore, there are winners and losers." Having made that connection, people then, based on their self-esteem and life experience, put themselves into one of these two categories.

How we react to fears depends on our temperament. Aggression, depression, escapism and territorialism are four of the most common reactions to fear. Also, it is possible that more than one of these fears may affect us and that we may have varying amounts of these fears in our life. Although you may not engage in the behaviors that indicate these fears you may have in the past or think about doing these things now. How much we act on our fears indicates how far we have come along the path of ridding ourselves of them. Celebrate the steps you have taken in this direction in the descriptions that follow. It's

also possible that you have a tendency to one behavior at work and another in your personal life. Please examine these patterns.

Aggression

Some people become angry with others and see others as the reason for their lack of movement towards their goal. These people see others as tyrants and they seek revenge by defaming the character of their opponent. These people have a great desire to be number one, the one above the crowd, the winner. When they do not achieve this because someone else gets the job or the loved one that they want, they resort to aggression.

They do this because their life view only contains two kinds of people: winners and losers. If they are not the winner, they must be the loser and this thought causes them great distress. This is often seen in workplaces when individuals become jealous of other's success and use their energy negatively to sabotage the other person rather than constructively to clean up their own act and change their behavior or skills in order to become promotable.

Depression

When passive individuals are fearful they have a tendency to sink even further into themselves and become self-pitying and depressed. They are all too willing to accept the label of victim and wallow in thoughts of loss and deprivation in their life. In this mental state these people may resort to addictions to cigarettes, alcohol, pills or food to anaesthetize the pain of a life not lived. They lack energy and are lethargic because they are holding their energy back from taking action to achieve their goal. These individuals are easily recognizable by their "poor me," and "nothing good ever happens to me" approach to life.

Escapism

Other individuals refuse to confront their fears by engaging in escapist activities. They are not prepared to commit to taking charge of their life and so engage in fantasies to stay in a child-like state with little or no responsibility. This may be your Peter Pan man or woman who does the minimal amount of work to keep their job or the minimal amount of commitment to keep a relationship. He or she drifts through the office socializing, wasting other people's time, living from weekend to weekend and holiday to holiday.

Territorialism

There are also those individuals who respond to fear by channeling their energy into protecting their territory. These people are suspicious and guard information in the workplace and their spouses at home. They don't want someone to get something that they want and live in scarcity mentality that there is only so much to go around and want to make sure that they keep what is theirs. They do, in fact, often achieve their goal but for the wrong reasons and so never rise higher on their spiritual path.

These negative effects of fear manifest when we hold ourselves back from doing something that we really want to do. If we do this because we fear that someone won't like us, that we'll be fired, that we'll fail, then we are denying ourselves the potential of what we are able to become. We are either

living in the past "If only I

- had gone to university
- had stayed childless
- didn't waste 20 years at that job
- had married someone different

or

living in the future "When

- I retire
- my boss retires
- the kids grow up
- my mother dies

What we need to do is to live in the present and take responsibility for our decisions now. We need to be aware that the longer we put off doing our number one priority because of either fear or erroneous thinking, the more our frustration and disenchantment with life increases. We need to be present moment in order to become aware of our fear. For example, if you have a problem with over-eating you may have deduced that it comes from wanting to give yourself love. You might even realize that it is because you felt unloved as a child and that you eat to be bigger to protect yourself from others and/or so that no one potential loved one will reject you again. At the same time, you find yourself still having the problem of over-eating. Knowing why is not enough to stop you from doing it.

To move to the next stage in overcoming food addiction, sit with food on your plate and stay present. Does your body want to eat now because it is hungry? Does your body like or not the food you are giving it? Is it the right amount? In staying in the present you become aware of what the body really wants and which part of eating is to suppress negative emotions that the amygdala is stimulating from the past.

At that point of awareness, you can use physical tool called the Emotional Freedom Technique (EFT) or tapping to break the circuit in your energy meridians that activate this emotional craving. You do this by tapping on acupressure points on the karate chop place on the hand, top of the head, between your eyes, under the eyes, under the nose, under the mouth, collar bone, and under arms. One of the key points in EFT is that you repeat the words “Even though I have.....this overeating problem..., I and completely and deeply love and accept myself.” This technique will help to release old as well as present fear and stress.

Reducing Fear

Years ago Hertzberg in studies on what motivates us to work made discoveries that are applicable to our entire life. He said that there are two reasons why people work: intrinsic motivators and extrinsic hygiene factors. Intrinsic motivators are things that make us grow, feel productive, and learn. Extrinsic hygiene factors make our life comfortable and safe. Hertzberg discovered that no number of extrinsic factors would give us happiness or purpose in our life and work. Only intrinsic motivators can do that. However, without extrinsic factors we may, in their absence, experience severe discomfort. Intrinsic motivators are more focused on soul and extrinsic factors are more connected to lower personality needs.

Intrinsic motivators (Soul)

- soul controls life and work
- learning
- personal/spiritual growth
- self-directed
- we push our boundaries

Extrinsic factors (Personality)

- job and relationship security
- \$ is our reason for working
- society approves of us
- other-directed
- we play it safe

In our world today fear is running rampant because people have lost their former extrinsic factors and their intrinsic motivators overseen by their soul are not yet fully activated. They are often caught in the crack between these two worlds and life views while the former weakens and the latter strengthens. It's important to be forgiving and patient with ourselves and others while this process evolves. People will move quicker to embrace new ideas if both intrinsic and extrinsic rewards are present and if they feel supported by others on their journey. This may seem to be the ideal solution. However, it is not always possible as the soul has its own agenda in how we can best learn and grow, and sometimes people do not change until the pain of not changing becomes greater than the pain of changing. We are only given the amount of pain that we need to transform. The beings who oversee our evolution want us to succeed and not to fail.

I believe that humans are evolving to become soul-infused personalities and that we have come to a quantum leap in this evolution. On the work front it is increasingly difficult for organizations to promise extrinsic factors such as job security, money and unchanging jobs. Therefore, it is in the best interest of organizations to build intrinsic motivators into their companies to attract good workers. If organizations give people the opportunity to do challenging work that they personally value, they will have an incredibly dedicated and creative work force. This is just the opposite of fear.

Our personal lives are also in disarray. Men and women no longer know what roles they should engage in and we are jointly but still shakily exploring this individually and together. Increasingly few people are still married to their original spouse and people are discovering new and varied ways of having relationships that work for them. It may be a difficult and challenging time but it is one of incredible opportunity for us to make accelerated change towards becoming conscious creators.

Three Ways to Overcome Fear

1. Accept yourself and others and situations fully

Not one of us is perfect. We are works in progress. Imagine that you are a canvass that you have been painting for your entire life. Every day you have a chance to add more color to continue with the original sketch or to alter it. Do not race to complete your painting but enjoy what you learn in the process. A Buddhist saying is, "Life is the journey, not the goal." The raw materials we have to work with are our

relationships with others, our life situation and our work. Each of us has all the materials we need to create a life that is a masterpiece.

2. Trust yourself, others and the Creator

When trust increases fear decreases. If we distrust others or ourselves it is because at source we distrust the Creator to love us unconditionally in all circumstances. We fear abandonment if we are not "good". The cure to this thought is to know and feel that we are worthy just as we are. We do not have to prove ourselves to be loved. As we love ourselves and maintain a sense of humor about our life situations we develop generosity and love towards ourselves. As we open to receiving from others, we open more fully to receive love from the divine in the many forms that this takes. As we give more freely to others what they need—and not what our ego wants to give—we learn that we are everything that is needed. As we balance our abilities to both give and receive, we learn to become Creators and channels for divine love, wisdom and power on this planet.

3. Develop community with like-minded others

When people share similar values, they become more tolerant of interpersonal differences, more understanding and more helpful while, at the same time, being more direct and honest. They have a greater willingness to take risks in their relationships because they understand that others are striving towards the same goal. Synergy is based on the principle that $1+1=3$ and that two heads are better than one. When we surrender individual control to the good of the whole we are able to make quantum progress at a spiritual level. Most of us have gone as far as we can in our individual growth and greatly benefit by the cross-fertilization and co-creation that happens with people on the same path. This process feeds both our individual growth in our personality and also our soul growth as a spiritual being. Ascended Masters do not work alone although they each have their own gifts. They blend their talents freely for the betterment of this planet and the conscious beings evolving on it. Finding a balance between our individual progress desired by our personality and world service desired by the group allows for more energy to be given to us to utilize.

We are presently living in the "in between time". We know where we've been but not where we're going. How wonderful that we are alive to create the new paradigm.

How You React to Fear

1. Examining the four major ways that people react to fear— aggression, depression, escapism, territorialism— which is your major one and how does it play out in your life?
2. Are there any other ways in which you often react to fear?
3. Referring to the chart of living in the past and living in the future on page 11 add any other items that you spend a lot of time thinking about.

Imagine that there is a graph on which there are numbers from 0 to 100 percent. On this graph you see the number indicating how much time you live in the past? What is that number? Next, you see the number indicating how much time you live in the future. What is that number? Add those two numbers together and note the total. The amount remaining when the total of the two numbers is subtracted from 100 percent is the amount of time you spend living in the present. What is that number?

If you spend very little time living in the present, your energy is sucked into the past or the future and then you cannot achieve your goals or enjoy peace and joy in your present life.

4. What amount of your time and thoughts are concerned with intrinsic and extrinsic motivators found on page 12? In this *Fear Transformed* course you will be learning how to push your boundaries to become more intrinsically focused.

Remove Negative Memories and Get Your Goal

1. Continue with your individual goal. Before you begin your day visualize yourself going through your day being or doing what your goal is. At night before you go to bed review your day in your mind and celebrate all the times you succeeded in your goal. Forgive yourself and others when you, or they, did less well than you wished and see the situation the way you wish it had happened. We can change the memory immediately if we do this and it changes the past to what you wish. Repeat this process daily.

2. Complete the *Symptoms of Fear Questionnaire* on page 20. If you are studying with a group you will discuss this in the next meeting. It is quite a lot of information, but because fear is probably the number one cause of why people don't become and do what they want in life, this is time well spent.

MY KEY LEARNINGS AND ACTION PLAN

Key Learnings:

Action Plan:

Module 2

Note: Begin each module by creating a sacred space, followed by the Great Invocation and IIT Guided Visualization.

If you are studying in a group or with a partner, begin Module 2 by debriefing your homework and discussing your reflections and your action plan. If you are completing a self-study, review your key learnings and action plan from the Module 1 before continuing.

Healing

I am not a mechanism, an assembly of various sections.

And it is not because the mechanism
is working wrongly that I am ill.

I am ill because of wounds to the soul,
to the deep emotional self
and the wounds to the soul take a long, long time,
only time can help
and patience, and a certain difficult repentance
long, difficult repentance, realization of life's mistake,
and freeing oneself
from the endless repetition of this mistake
which mankind at large has chosen to sanctify.

by D.H. Lawrence

Symptoms of Fear & How Fear Affects You

How Fear Develops

The movement of energy, which we would normally turn outward into manifesting our dreams, is turned inward when we are afraid. Instead of expanding, we contract. Instead of growing, we shrink. When we hold back from doing what we really want to do, this leads to feelings of constraint, frustration, resentment and envy of others.

All of us have goals and dreams of what we would like to do in our lives. To achieve these goals we must give up the safe, known place where we are to enter the unknown future. This causes fear. We must give up our independence to raise children, or a secure job to try a new one. Living is a process of continual change. We cannot remain static. We are either growing or diminishing ourselves depending on if we meet life's challenges or back away from them because of fear.

Fear *causes* Stress *causes* Illness

Fear affects us physically in much the same way as stress does because fear is often the underlying cause of stress. When fearful, we physically prepare ourselves to either fight or flee. This raises our blood pressure, increases our heartbeat, reduces our sex drive and turns off our digestive processes. The overall and, for some of us, even more serious and long range effect is that fear exhausts our immune system so that we are unable to ward off real viruses and disease. What we do in effect is to wear ourselves out between wanting to act and being afraid to act. We go nowhere and are defeated, depressed, exhausted, and frustrated.

If we take a deeper look at the real causes of stress we will find that, almost without exception, the underlying cause of stress is fear. Stress results from life-denying behaviors that we choose because we are too afraid to do what we most wish to do. For example, if we have stress because we are working too much we must ask ourselves "Why don't I just say no?" The answer will be that we are afraid of the consequences of saying no, either afraid of rejection, or of being seen as incompetent to handle the job.

Symptoms of Fear Questionnaire

The following questionnaire will assist you in determining your **Symptoms of Fear** and the extent to which these fears affect you. To complete this questionnaire, read each statement and put the appropriate number in the box beside each question. Complete all questions.

Use the scale of

0 = never 1 = seldom 2 = sometimes 3 = often 4 = always

- 1. Do you have a racing heart or cold, sweaty palms when speaking in public?
- 2. Do you make lists of things you would like to do and then not do them?
- 3. Are you disgusted with yourself that you are not doing what you really want to do with your life?
- 4. Do you feel that you are in a state of suspended animation waiting for something to happen?
- 5. Do you develop tension in your neck, back or head when you are under time pressures to do something?
- 6. Does your head feel overstuffed with trivia?
- 7. Do you have difficulty finding meaning and purpose in your life?
- 8. Do you feel twinges of envy when others gain success or recognition?
- 9. Do you have a weakness in your throat (i.e. tendencies towards laryngitis, bronchitis, coughing, dryness, or nervous clearing?)?
- 10. Do you often spend time feeling guilty?
- 11. Would you like a strong, wise person to tell you what to do?
- 12. Do you spend time fantasizing about things you are not doing?

- 13. Do you experience difficulty concentrating on important things?
- 14. Do you get a nervous stomach, diarrhea or constipation when you are unsure of yourself?
- 15. Do you have difficulty trusting in a divine plan that is unfolding in your life?
- 16. Do your emotions (i.e. anger, hurt, frustration) control you rather than you controlling them?
- 17. Do you use escapes (i.e. TV, socializing) to avoid doing a fearful task?
- 18. Do you try to be independent and in control of your life at all times?
- 19. Do you spend time thinking of what might have been?
- 20. Do you bite your nails, smoke, drink or eat when you are in a new situation?
- 21. Do you have shortness of breath or shaky voice when you are nervous?
- 22. Do you go numb or blank when you think of your future?
- 23. Do you have a chronic low-grade depression with little or no joy in life?
- 24. Do you do low priority things (i.e. writing letters, balancing your budget) rather than confront your number one priority?
- 25. Do you grind your teeth or clench your jaw when afraid?
- 26. Are you searching for ecstasy through alcohol, sex, or drugs?
- 27. Do you have floating anxiety or a sense of panic?
- 28. Do you have a tendency to procrastinate on important tasks?
- 29. Do you sometimes think that God has abandoned you?
- 30. Does fear adversely affect your memory?
- 31. Do you feel self-conscious?

- 32. Do you get skin rashes, blemishes or do you blush when afraid?
- 33. Do you have a tendency to see the negative instead of the positive?
- 34. Do you spend time wishing your life was over?
- 35. Is your sex drive low?
- 36. Do you feel trapped into doing what you don't want to do?
- 37. Do you feel tired and listless?
- 38. Are you confused and indecisive when under pressure?
- 39. Do you blame others for holding you back?
- 40. Do you feel empty and alone?

Scoring: Transfer the points from the questionnaire and then add these together to obtain your totals in the four patterns of fear.

PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
1 ___	3 ___	2 ___	4 ___
5 ___	8 ___	6 ___	7 ___
9 ___	11 ___	12 ___	10 ___
14 ___	16 ___	13 ___	15 ___
20 ___	17 ___	19 ___	18 ___
21 ___	24 ___	22 ___	23 ___
25 ___	27 ___	28 ___	26 ___
32 ___	31 ___	30 ___	29 ___
35 ___	36 ___	33 ___	34 ___
37 ___	39 ___	38 ___	40 ___

TOTALS: ___ ___ ___ ___

Symptoms of Fear Profile

Plot your total scores from the **Symptoms of Fear** questionnaire on the graph below by placing a dot beside the appropriate number. Join your dots. This provides feedback on both the amount of fear you are experiencing in your life presently, and also the area in which you experience most fear.

FEARFUL	40	40	40	40
	35	35	35	35
	30	30	30	30
	25	25	25	25
	20	20	20	20
	15	15	15	15
	10	10	10	10
	5	5	5	5
FEARLESS	0	0	0	0
	PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL

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Exercise

Examine Your Fear Patterns

1. After you have plotted your fear scores, examine the patterns. Are your fears mostly physical, emotional, mental or spiritual?
2. There also could have been a column for sexual that would include:
 - fear of getting a sexually transmitted disease or transmitting that disease to another person
 - fear of not being able to have an orgasm or an erection
 - fear of your genitals having an unpleasant odor or fear of being sexually unappealing to someone.

How would you complete this list?

3. Do you have any other symptoms of fear that have not been captured in this questionnaire? If so, what are they and how do these fears affect your life?

Complete Your Major Fears Questionnaire

1. Complete the *Your Major Fears Questionnaire* found on page 27 for homework and, if you are studying in a group, be prepared to discuss it in the next meeting.

MY KEY LEARNINGS AND ACTION PLAN

Key Learnings:

Action Plan:

Module 3

Note: Begin each module by creating a sacred space, followed by the Great Invocation and IIT Guided Visualization.

If you are studying in a group or with a partner, begin Module 3 by debriefing your homework and discussing your reflections and your action plan. If you are completing a self-study, review your key learnings and action plan from the Module 2 before continuing.

Your Major Fears Questionnaire

Work as if you don't need the money

Love as if you've never been hurt

And dance as if no one is watching.

The major fears that adversely control people's behavior are fear of the unknown and change, fear of rejection, fear of failure and fear of losing control over one's life. These fears are not mutually exclusive and more than one or possibly all may be operating at any given time.

Also, our fears change as we change and the fears that controlled our behavior when we were 25 may be different from those that control us at age 55. Usually we are able to deduce our major fear at a specific time in our life by asking ourselves the question, "When push comes to shove, which fear is my most vulnerable place, my Achilles heel, the one that holds me back from doing what I most want to do?"

The following questionnaire will assist you in determining **Your Major Fears** and the extent to which these fears affect you. To complete this questionnaire, read each statement and put the appropriate number in the box beside each question. Complete all questions.

Use the scale of

0 = never 1 = seldom 2 = sometimes 3 = often 4 = always

- 1. Are you fearful when confronted by new situations?
- 2. Do you say "yes" when you'd rather say "no" to avoid disapproval?
- 3. Do you need to be able to freely express your ideas in most situations?
- 4. Do you worry about being viewed as incompetent?
- 5. Do you invest your money safely?
- 6. Are you concerned that people like you?
- 7. Is independence important to you?
- 8. Do you believe that you must be perceived as strong under adversity?
- 9. Do you go out of your way to avoid conflict?
- 10. Do you like to be in control of your life?
- 11. Are status and power important to you?
- 12. Does a change in living or working conditions cause you stress?
- 13. Is your axiom "smile and the whole world smiles with you, cry and you cry alone"?
- 14. Do you have a fear of leading a boring life?
- 15. Is saying "I don't know" difficult for you?
- 16. Do you worry about an economic depression and losing your assets?

- 17. Is it important to you to be seen as helpful and considerate?
- 18. Are you driven to try new experiences?
- 19. Do you pride yourself in your ability to juggle many balls at once?
- 20. Do you prefer to lead a safe, secure life rather than a new, challenging one?
- 21. Is it difficult for you to commit to others or to situations?
- 22. Do you become defensive when your ability is questioned?
- 23. Do you collect goods and things because you might need them in future?
- 24. Would you rather support a powerful person than be that person?
- 25. Is being happy and self-actualized your major reason for working?
- 26. Do you identify with the roles you play (i.e. mother, doctor)?
- 27. Do you subscribe to the axiom "a penny saved is a penny earned?"
- 28. Is working or living alone difficult for you?

Scoring: Transfer the points from the questionnaire and then add these together to obtain your totals in the four patterns of fear.

Fear Of:

	UNKNOWN	REJECTION	FAILURE	LOSS OF CONTROL
	1 ___	2 ___	4 ___	3 ___
	5 ___	6 ___	8 ___	7 ___
	12 ___	9 ___	11 ___	10 ___
	16 ___	13 ___	15 ___	14 ___
	20 ___	17 ___	19 ___	18 ___
	23 ___	24 ___	22 ___	21 ___
	27 ___	28 ___	26 ___	25 ___
TOTALS	___	___	___	___

Fear Profile:

Plot your total scores from **Your Major Fears** questionnaire on the graph below by placing a dot beside the appropriate number. Join your dots. This provides feedback on both the amount of fear you are experiencing in your life presently, and also on the major causes of this fear.

FEARFUL	28	28	28	28
	25	25	25	25
	20	20	20	20
	15	15	15	15
	10	10	10	10
	5	5	5	5
FEARLESS	0	0	0	0
	UNKNOWN	REJECTION	FAILURE	LOSS OF CONTROL

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Causes of Major Fears and Solutions

Fear of the Unknown

If this is your major fear, you are probably a low risk taker who likes to minimize change in your life and do what is safe in most situations. You are likely to have a great desire for security in all forms from job security, to relationships, to money and possessions.

Some of you may be older than the general population and may have grown up 50 or more years ago in a less affluent time when people who succeeded did so by holding on to what they had. Others who fear change may have emigrated from another country where either you had nothing or had to give up everything in order to start a new life in North America. It is also very possible that individuals with this fear of change and the unknown are the children of parents who belong to one of these two groups and have learned these same values from their parents.

You might place faith in authority figures, rules and structure and try to regulate your life according to these external knowns. Therefore, you become fearful when these knowns change as for example if you get a new boss or have to move to another place. You are the most eager of all groups to accept work as a moral good and money as the key to happiness. You might believe that if you work hard and are loyal that you will be rewarded by security in the material world of houses, cars, and possessions. If you are lucky enough to receive these things you will lead a relatively calm and confident life, but your level of fear rises dramatically if these securities are absent or threatened.

In your personal life you like routines that minimize change. Regular rituals punctuate your life as you get up, eat and go to bed at the same time every day. You value long-term friends, may be suspicious of "outsiders," vacation in the same place every year, stick close to home and raise your children in a traditional way. Your strength is that you guard traditional values. Your weakness is a lack of flexibility and little ability to adjust or to welcome new situations.

Solutions:

1. Introduce change gradually with lots of advance warning.
2. Start with low risk situations and add small risks.
3. Build your present on past experience.

4. Do one new thing every day.
5. Reward yourself for every positive move and deny yourself gratification for every relapse to the old behavior.
6. Practice saying "yes" rather than "no" when approaching new situations.
7. Say to yourself daily "Nothing in life is constant but change. I rise to meet these challenges gratefully because they are life."
8. Change or vary your daily routine.
9. Treat yourself. Buy something you would like but have denied yourself because it is frivolous or unnecessary.
10. Cultivate friendships with people who are growthful even if they are "different" from you.

Fear of Rejection

As with individuals who have a fear of change, individuals who have a fear of rejection are also highly socialized by society's values. However, unlike the former group, if your greatest fear is the fear of rejection you want others to see you as nice, kind, compassionate and loving. You have a strong need to be well-liked, to fit in and to be accepted by others. In order to fill this need you often say "yes" when you would prefer to say "no". You thereby deny your own needs in order to assist others in meeting theirs. This denial may lead to feelings of frustration and martyrdom. You may even feel alienated from others in wrongly believing that no one understands or cares for you.

Holding ourselves back from speaking often leads to passive-aggressive behavior. You are passive when confronted with a more powerful person and so do not say what you want to say. This leads to frustration and resentment that you then take out on someone who you feel is less powerful than you, (i.e. subordinate, child, spouse.) This creates many relationship problems without solving the original one. To do so, you must speak to the person with whom you had the original problem. By sharing your whole self and not just the pure, likable self you will gain self-confidence and increased trust in others. A lack of emotional honesty indicates that you do not trust others, but feel that they will reject you if you are not "good." You could have a fear of abandonment that stems back to childhood or a trauma you have suffered such as a parent or spouse either physically or emotionally abandoning you.

As with all fears, the cure to overcoming it is to do what you fear most. In the case of the fear of rejection you must therefore start to tell others what you really think, feel and

desire. Only by doing this will you have any chance of getting your needs met. It is often what you don't say to others rather than what you say that causes alienation between you and others, because a larger and larger gap between you and them is created. This is caused by your fear of rejection should you say what you really want to say. The solution, however, is to act as if this fear does not exist and speak the truth.

Solutions:

1. Tell the truth.
2. Deal with the person with whom you have the problem and don't use another person as a punching bag.
3. Say "no" when you want to and don't feel guilty.
4. Realize that your power to become a whole person lies trapped and can only be freed by you.
5. Your relationships with others will deepen when you become honest.
6. Joy and happiness are not found in others but in yourself.
7. Associate with people who encourage you to be the "real" you and disassociate with, or decrease time with, people who want to keep you as a "yes" person.
8. Tell yourself daily that you are wonderful just as you are.
9. Visualize yourself doing the behaviors that you most fear and see yourself succeeding.
This is a solution that works well for all fears
10. Examine the effect that self-denial of your needs has on you, (i.e. resentment, hurt, depression.)

Fear of Failure

People with the fear of failure are more self-directed than individuals who have fears either of change or rejection. You are motivated mostly by status, power and achievement. You are conditioned by society's values regarding what society determines status and power to be, and are more likely than the former two groups to break or use these rules to meet your own needs. You prefer to be respected rather than liked and are more likely to opt for achievement than for either money or security. You see yourself as a high-risk taker and want to be one of the movers and shakers of this world.

Your fear of failure comes from the strong need to achieve. This desire may lead you into believing that no one else can do things as quickly, efficiently, or as well as you can. These thoughts may lead you into the equally erroneous belief that you must be strong at

all times and not let others see that you make mistakes, that you feel uncertain, or that you need support.

This creates distance between you and others because others feel powerless or diminished when confronted by such a super-competent being. Others feel that they are not needed or that they cannot live up to the high expectations of such a strong confident achiever. If you are interested in long-term relationships built on trust and mutual respect, this over-confident armored attitude must change.

Solutions:

1. Verbalize your fear of failure and your uncertainties and trust others not to emotionally rape you when you make yourself vulnerable.
2. Delegate duties, surrender control.
3. Develop trust and faith in others.
4. Be patient with yourself as well as with others.
5. Practice the words "I don't know" daily.
6. Realize that your desire to be better than others stems from a fear that you are not as good as others. Neither thought is correct. The correct thought is that all people have different gifts so learn to promote the strengths of others as you learn to accept your own weaknesses.
7. Move from your head to your heart and practice the axiom "Do unto others as you would have them do unto you."
8. Realize that real strength comes from mastering yourself. When you learn this you will have less desire to master others.
9. Take lessons or training in a new sport, language, etc. to experience "incompetence" and develop tolerance for both yourself and others in this state.
10. Analyze situations where you are defensive and learn a different coping skill than attack.

Fear of Losing Control

These individuals may appear to the outside observer to be self-actualized. You gravitate towards jobs, relationships and new experiences that give you joy and happiness and so appear on the surface to be fearless. Actually, as compared to the other groups, which we have been discussing, you are relatively fearless, because even if you have fears of change, rejection, or failure you do not let these fears control you. You attempt to lead your life as if these fears did not exist.

You are the highest risk takers of all these groups and have had to conquer many, if not all, of the other fears in order to achieve your independence. It is precisely because of the effort it has taken to achieve a self-directed life of independent thought and action that you have a fear of surrendering this and of losing control of your life.

Your weakness is that you may lead a somewhat superficial life doing whatever gives you joy and refuse to commit to situations which may be hard or boring work. New situations, people and challenges are addictive for you, but you may be reluctant to stay when the going gets tough. Your fear could take many forms. For example, because you do not live by the laws of society but by your own laws you may, if lacking self-discipline and compassion, be ruthless and just satisfy your own needs. You may wish to help others but may fear the responsibility and power that comes with commitment to do this. You may, unlike those people that have a fear of failure, rightly or wrongly believe that power and success corrupt and so avoid this path.

You might also have a fear of commitment to an intimate relationship because you want to be free to pursue something better or fear being trapped. Like the person who has the fear of failure you might also have unrealistic expectations for a potential spouse and like the person who fears being rejected, you decide to reject the person first so that you will not be hurt or emotional vulnerable.

By refusing to commit to either situations or people, regardless of the difficulties, you may be refusing to deepen and mature your love, wisdom and power. You may be caught in a web of eternal becoming and never achieve actual being. Underneath the continual restlessness of jumping from flower to flower lies a deep discontent and emptiness that will never be filled unless you sacrifice your independence for others. None of us can remain in perpetual spring and summer, we must move to autumn and winter to renew and rebirth our deeper selves.

The ultimate loss of control is to die and a **fear of death**, or more specifically a **fear of suffering and pain** prior to death, is a great fear for many individuals. This fear often increases as we age and, as our physical body deteriorates, or when we face a serious illness anytime in our life. The more that we overcome the other fears in our life, the greater our soul reserves to face and overcome our fear of death and pain.

Solutions:

1. Fully commit yourself to someone or something.
2. Realize that wholeness and unity comes from depth as well as breadth.
3. Surrender your independence to a force greater than yourself.
4. Practice the axiom "not my will but thy will be done."
5. Visualize yourself as a part of all living things on the planet Earth.
6. Do all duties that you have been given regardless of how small or large with equal joy.
7. Develop equanimity in all situations whether pleasant or unpleasant.
8. Develop trust in your intuition through acting on it.
9. Stop over-organizing your life and act on impulse.
10. Create time to "do nothing." Eliminate all stimulations and distractions and see what happens.

Leading a Fearless Life

The solutions to mastering the fear of losing control are likewise the solutions to ultimately mastering all fears and becoming fearless and a soul-infused personality. To master all fears we must learn to face them, walk through them and act as if they do not exist. To do this it is helpful to engage our physical, emotional, mental and spiritual bodies in the process and to work on all these levels simultaneously. The more we are able to do this, the quicker we will master our fear.

For example, if we have a fear of flying it is helpful to mentally and emotionally assess why we have that fear. Then we could practice visualizing ourselves not having that fear, but eventually we must physically get on to the plane and confront our fear by doing what we most fear. This is, as far as I know, the quickest and most effective way to overcome our fear.

The process does not stop, and at the time we may think that we are not up to the test, but often when we rise to overcome the fear we wonder why we didn't act sooner. This lesson we may forget when we encounter the next trial on life's path. However, if we meet the tests often enough, we will start to see the pattern of development, and will realize that we are becoming more fearless. Through this process we grow into the fruit of our realized potential. By practicing the new behavior the thoughtforms of the old fear based behavior are starved as we create a higher resonance and vibration to move forward on our path.

Identify Major Fears that Impede Your Progress

1. Identify the major fears that are impeding your progress in life. Do you see any patterns between your fears?
2. Choose one fear that is preventing your from becoming the authentic you that you wish to be— either one that is listed or another one that is influencing you.
3. What actions will you commit to taking to eliminate this fear?
4. **Homework:** DO THE ACTIONS that you feel will help your overcome your major fear. If you are in a group discuss the actions you took to reduce your fear in your next meeting and what you would like to keep on doing or change in order to reduce this fear.

MY KEY LEARNINGS AND ACTION PLAN

Key Learnings:

Action Plan:

Module 4

Note: Begin each module by creating a sacred space, followed by the Great Invocation and IIT Guided Visualization.

If you are studying in a group or with a partner, begin Module 4 by debriefing your homework and discussing your reflections and your action plan. If you are completing a self-study, review your key learnings and action plan from the Module 3 before continuing.

Become the Person You Want to Be

Forgive Yourself For Past Actions

It is important to forgive yourselves and others for any disappointments you have experienced during your homework assignments over the last few modules. Raise everything to a higher vibration by sharing the opportunities and learnings that come out of difficulties. Keep in mind that it is essential that we forgive ourselves and others as, in not doing so, our energy that we could use to achieve our goals is blocked in our attachment to negativity and past actions. With forgiveness we move to greater self-love and compassion and love of others. Love is the opposite of fear.

To become the person we want to be **and** to have more energy, we have to face our fears while staying in the present moment, and we can celebrate all the times that we have faced our fears in the past. To that end, this module is devoted to stretching through your fear to take risks for what you want.

Comment [TH1]: Small change

Risks

To laugh is to risk appearing the fool.

To weep is to risk being called sentimental.

To each out to another is too risk involvement.

To expose feelings is to risk exposing your true self.

To place your ideas and your dreams before the crowd is to risk being called naive.

To love is to risk not being loved in return,

To live is to risk dying,

To hope is to risk despair,

To try at all is to risk failure.

But risks must be taken, because the greatest hazard in life is to risk nothing.

The person who risks nothing, does nothing, has nothing, is nothing and becomes nothing.

He may avoid suffering and sorrow, but he simply cannot learn, feel, grow or love.

Chained by his certitude, he is a slave; he has forfeited his freedom.

Only the person who risks is truly free.

By Janet Rand

Risks You've Taken

You have taken many risks in the past to achieve your goals. List risks that you are happy you took in each of the following categories.

<u>Risk areas</u>	<u>Risk taken</u>	<u>Age</u>
-------------------	-------------------	------------

Physical

Emotional

Sexual

Occupational

Financial

Intellectual

Spiritual

1. In what areas are the majority of your risks?

2. In what areas is the minority of your risks?

3. What risk would you like to take currently?

4. What would you like to do to increase the ability to risk in your weak area?
Remember to celebrate the risks you have already taken in your life.

Risk Enablers and Inhibitors

Put a **check mark beside the top three** risk enablers and inhibitors and feel free to add any risk enablers or inhibitors that are not mentioned.

Risk enablers

- confidence
- freedom to fail
- clarity about the goal
- support from others
- knowledge
- money
- naïveté
- trust
- control of the situation

Risk inhibitors

- low self-confidence
- lack of qualifications
- family considerations
- fear of being alone
- negative influences
- loss of financial security
- fear of self-knowledge
- fear of failing
- fear of being disliked
- fear of hurting others
- lack of momentum

Exercise:

Overcoming Fear Visualization

1. Do you have more risk enablers or inhibitors in your life?
2. What do you need to do to reduce the impact of inhibitors and increase the impact of the enablers?
3. It is helpful when encountering a fear that impedes a goal in our life to do a guided visualization to overcome that fear. Listen to the following **Overcoming Fear mp3** and discuss what you discovered in your group or, if you are taking this course as self-study, examine the fears that have controlled your life to date and see yourself overcoming these fears. [Link here](#).

Moving from Resistance to Acceptance

There are often predictable stages that we go through when encountering an unpleasant situation that causes fear.

1. Resistance:

Denial:

It won't really happen....not to me...and if it does it won't affect me anyway. This attitude is characterized by avoidance and ostrich behavior.

Anger:

Whose idea was this? They have it in for me. I'll show them. Others, i.e. my wife, boss, parent are responsible so I don't have to change anything. Let them clean up the mess.

Bargaining:

Let's make a deal. Give me another chance. I promise...This person starts to realize the inevitability of change but still thinks that they can negotiate themselves into a semi-desirable position. i.e. Our pollution problem can be solved by blue boxes. It's not as bad as you think. I'm doing my share. This person thinks that a little change will be enough when a large change is needed.

Theorizer:

We have a problem here and something must be done about it. Governments must take responsibility for this. Industries should clean up their own mess. This person is self-righteous. They gather facts, read newspapers and watch the news but they don't move from talk to action. They do not invest in ethical investments as they are too risky, nor do they lobby or join action groups to change the problems.

2. Breaking Down:

Anxiety:

What's going to happen? Who can I trust? Will I be fired?

Disorientation:

I'm all mixed up. I keep forgetting things. My mind isn't on my work.

Depression:

What's the use? It's going to happen and there's nothing I can do about it. I'm a victim of someone else's blunder. I wouldn't know what to do anyway and no one would listen even if I had an idea.

3. Acceptance:

Pessimistic:

I may not like it but let's go on from here. I'll co-operate with whatever you say or we can work out together. But it isn't my first choice.

Optimistic:

There may be new opportunities that I haven't thought of. What are the new learnings, growths in this change?

Committed Change Agent:

These people "walk their talk" and select a problem to address. They work systematically and persistently to find and implement solutions despite rejection, loss of security and continual setbacks.

Exercise:

1. Examine a situation that you are in currently that is causing you fear. What stage do you think you are in currently? What do you intend to do to move beyond this?
2. Examine below *What Am I Going to Lose?* In the situation you are facing currently, what are you afraid of losing?
3. Can you think of a previous situation that caused you fear which turned out positively in the end? How did you experience these various stages in moving from resistance to acceptance?

What Am I Going to Lose?

During every transition an individual, organization or culture needs to let go of something in order for a new idea, technology, or value to be born. Each situation is different but the losses may be:

Turf: physical space, organizational power, a house or property

Attachment: friends, mentors, relationships

Structure: schedules, routines, priorities

Future: dreams, expectations and plans for your personal and professional future.

Meaning: your view of yourself and the world. That which makes sense to you.

Control: The ability to control your life and influence others to your way of thinking.

Other:

MY KEY LEARNINGS AND ACTION PLAN

Key Learnings:

Action Plan:

Module 5

Note: Begin each module by creating a sacred space, followed by the Great Invocation and IIT Guided Visualization.

If you are studying in a group or with a partner, begin Module 5 by debriefing your homework and discussing your reflections and your action plan. If you are completing a self-study, review your key learnings and action plan from the Module 4 before continuing.

Achieve Your Goals

Autobiography in Five Short Chapters

Chapter 1

I walk down the street
There is a deep hole in the sidewalk
I fall in
I am lost...I am hopeless
It isn't my fault
It takes forever to find a way out.

Chapter 2

I walk down the same street
There is a deep hole in the sidewalk
I pretend I don't see it
I fall in again
I can't believe I am in the same place
But it isn't my fault
It still takes a long time to get out.

Chapter 3

I walk down the same street
There is a deep hole in the sidewalk
I see it is there
I still fall in...it's a habit
My eyes are open
I know where I am
It is my fault
I get out immediately.

Chapter 4

I walk down the same street
There is a deep hole in the sidewalk
I walk around it.

Chapter 5

I walk down another street.

Portia Nelson

Talking to Yourself in Unpleasant Situations

When we are experiencing fear it helps if we can move from being reactive where we feel like a victim that is powerless and hopeless, to being proactive where we feel that we have choices. This creates a feeling of hope and optimism that serves to re-establish inner peace in our life.

Reactive

- There's nothing I can do
- That's just the way I am
- He makes me so mad
- I have to do it
- I can't
- If only,

Proactive

- Let's examine alternatives
- I choose my life
- Others do not control me, I do
- I choose to do it
- I can
- Right now, I will

Reclaiming Your Power

Be sure to remember to enjoy life. When you focus on the qualities listed under **My Higher Self** it will help you with the ongoing process of overcoming fear and dissolving thoughtforms and patterns that impede your progress.

- Avoid casting blame on others or situations.
- Avoid blaming yourself for weakness in the past.
- Do not play the victim role and don't talk negative about your life
- There is no life without fear. You will learn and grow no matter what the outcome of your choice.

My Lesser Self

I try to control

I am blocked

I repel

I diminish others

I am bored

I live for the past or future

I react to my life

I am always disappointed

I am off my path

My Higher Self

I trust

I am creative

I attract

I increase others

I am involved

I live now

I create my life

I achieve my goals

I am on my path

The Art of Transforming Blocks

- Assume that every experience you have had has positively stimulated your growth.
- Discover the truths and illusions in the barriers you face.
- Clearly envision what you want to be and what you want to do and have
- Evoke the situation around the block and transform it to resolution.
- Take action and communicate with another person.
- Have patience and humor and wait for all wounds to be healed and a new season of creativity to emerge.

Exercise

Overcoming Obstacles

Objective: What do I want to achieve?

Obstacles: Why have I not achieved my objective already?

-
-
-

Solutions: How can these obstacles be overcome?

-
-
-

Deadline: When do I want to accomplish my objective?

Rewards: What will I gain by achieving my objective?

-
-
-

Is it worth it to me?

Yes _____

No _____

NB. In *Manifesting Your Soul's Purpose* of pages 72 to 75 there is a section that you might find helpful on: **Realistic and Unrealistic Fears** and an exercise on **Eliminating Unrealistic Fears** and the **Dangers of Being Unrealistically Positive**.

On pages 41 to 56 of *Manifest Your Soul's Purpose* there are excellent, detailed guide and exercises on how to **Identify and Achieve your Goals**.

Maximize your Probability of Achieving Your Goals

1. Have a clear sense of vision. Know what you want and why.
2. Act confident.
3. Find the people who believe in your vision and will work towards it with you.
4. Prepare. Do your homework. Anticipate potential problems.
5. Take small risks to build up your self-confidence.
6. Understand that fear is normal and that it takes courage to do what you are doing.
7. You may have to give up something you value for your goal.
8. Find other risk takers and talk to them about what works for them.
9. Avoid negative people.
10. Be in top physical, emotional, mental and spiritual condition. You need energy to get what you want.
11. Put 100% of your energy into your goal. You will not achieve it by being tentative.

MY KEY LEARNINGS AND ACTION PLAN

Key Learnings:

Action Plan:

Module 6

Note: Begin each module by creating a sacred space, followed by the Great Invocation and IIT Guided Visualization.

If you are studying in a group or with a partner, begin Module 6 by debriefing your homework and discussing your reflections and your action plan. If you are completing a self-study, review your key learnings and action plan from the Module 5 before continuing.

Liberation from Your Inner Tyrants

Because you have met five times now you might notice thought and feeling patterns in each group member. **If you think it is helpful** share with the members some of your observations. The goal is to strengthen and support what others are doing correctly to break up old patterns, and also to show them where they are continuing to hold on to self-defeating thoughts and behaviors.

It is important that the listener stay open to feedback. Feedback must be done with love but firmly. This is good for the speaker to say what you think and also good for the listener who knows that you trust and care for him/her enough to risk speaking. The listener may actually want to say something to the speaker such as, "Thank you for helping me. I know your motivation is love."

Help the member to forgive themselves and others for any disappointments. Raise everything to a higher vibration by sharing the opportunities and learnings that come out of difficulties.

The Happy Man

In an old man who has known human joys and sorrows, and has achieved whatever work it was in him to do, the fear of death is somewhat abject and ignoble. The best way to overcome it—so at least it seems to me—is to make your interests gradually wider and more impersonal, until bit by bit the walls of the ego recede, and your life becomes increasingly merged with universal life. An individual human existence should be like a river— small at first, narrowly contained within its banks, and rushing passionately past boulders and over waterfalls. Gradually the river grows wider, the banks recede, the waters flow more quietly, and in the end, without any visible break, they have merged in the sea, and painlessly lose their individual being. The man who, in old age, can see his life in this way, will not suffer from the fear of death, since the things he cares for will continue.

Bertrand Russell from *New Hopes for a Changing World*.

Exercise

Personal Disarmament

It is difficult to juggle the various parts of ourselves to make sure that all our needs are met. Sometimes in doing so parts of us become overly strong and other parts are victimized. This is reminiscent of what happens in governing a country.

Imagine that you are a country with all the resources and problems in government that a country would experience. What country in the world would you most resemble and why? Would you be a democracy, a royal kingdom, a communist regime?

This exercise can be very powerful and you may want to do it more than once as more will come out of doing it repeatedly and it will give you a chance to deepen your commitment to disarm. This will also help with the clearing of your thoughtforms and fears.

In my country

1. Who is in charge? What do you call this part of yourself?
2. Who are the oppressed in your country? i.e. your inner child, your sexual woman,
3. What does the ruler say to stay in power?

4. Who are your enemies?

5. What are your borders between yourself and others?

6. Are you willing to disarm? Are you willing to share power with other parts of yourself?

7. What is your plan to do this?

8. If you are in a group discuss the results of this personal disarmament exercise.

Exercise:

Your Book of Life –Past Life Visualization

Often our fears and self-limiting beliefs and thoughts come from either past lives or our parents. Experience a past life guided visualization to see if you can discover past life connections to people you know presently, to your work, and/or your purpose in this life.

The Book of Life, also called the Akashic Records, are records recorded in the more subtle vibrations of all you have ever been in past lives, what you are now, and who you have the potential to become. Your soul has access to this information, which the [Your Book of Life mp3](#) will help you to understand.

My Gratitude List

When we feel gratitude for our life and the gifts we have been given our heart opens more. Write down all the things that you are grateful for in your life. Include people, experiences, highs and lows that have taught you as well as mental, emotional or physical gifts you may have. Fill this page with your gratitudes. If you are in a group discuss in your next meeting.

4 Quick Ways to Prevent Fear

Let's examine some quick and easy ways to prevent fear both short and long-term.

1. Eliminate caffeine and sugar that over stimulate the amygdala and create a hyper-vigilant state similar to anxiety. Doing this helps to put the body in a calm state.
2. Avoid situations that cause stress such as watching the news on TV. Let's face it; news stories are mostly negative and that is why you are avoiding it because negative news induces stress. This means not listening to it on the radio or reading about it. You may think that you will not be informed of what is going on in the world if you do this however there will be enough said by others that you will pick up the most important points to stay current.
3. Do not spend time with negative people, ones who focus on the negative in their lives and don't tell negative stories about your life either. Sure, we all have bad days, a year sometimes and we do need support during these times however many people crave attention in negative ways, such as my life is so bad that is why I can't do anything.
4. When you find yourself having a fear reaction, despite your efforts to stay calm take deep breaths and fully exhale and imagine all the muscles in your body relaxing. Fear is a contractive state and relaxing muscles will reduce fear.
5. Put these ideas into practice during the break between this and your next meeting if you are in a group and report to your group the results of this.

MY KEY LEARNINGS AND ACTION PLAN

Key Learnings:

Action Plan:

Module 7

Note: Begin each module by creating a sacred space, followed by the Great Invocation and IIT Guided Visualization.

If you are studying in a group or with a partner, begin Module 7 by debriefing your homework and discussing your reflections and your action plan. If you are completing a self-study, review your key learnings and action plan from the Module 6 before continuing.

Intimacy with Yourself and Others

There is a vitality, a life force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.

Martha Graham

Intimacy with Yourself

Exercise:

1. Write all the things you like about yourself. Yahoo. You are wonderful!

Intimacy with Others

"To be enlightened is to be intimate with all things."

Dogan, founder of Soto Zen in Japan

Intimacy with Lovers and Spouses

Being in love is not the same as loving. Being in love is based on us projecting something that we want for ourselves and seeing it in another person. This projection may be caused by us having given up something that was dear to us early in life or having it taken from us. For example, we might have given up innocence in order to acquire wisdom and now are attracted to gentle, innocent people of the opposite sex. Or we may have been abused sexually or psychologically and therefore do not trust the opposite sex. We might seek same sex relationships to mirror to us what we are as a man or a woman.

Often we see another person as a replacement for our father, if we are a woman, and for our mother, if we are a man. We seek union with the divine and to be whole we feel that we must merge our male and female parts to be as the Creator is. The only way to do this that we see in our world is to do this with another person of the opposite sex.

What must be remembered is that we are already whole. Carl Jung spoke of men having an anima, which is the female part of themselves, and women having an animus, which is the male part of themselves. For many people these parts are unconscious which gets them into no end of grief. Women who have had no protector and have taken a strong role in the business world may have a strong animus that pushes away any man that comes close. Men, on the other hand, who had a dominant mother may have such a strong anima that they are unable to bond and commit to another woman. What in effect is happening in both of these cases is that we have married our other halves unconsciously rather than consciously.

It is essential, therefore, to bring your animus and anima to conscious attention so that we can use it to balance your personality in an inclusive rather than exclusive way so that there is room for other healthy relationships. When we do this we take on an androgynous quality that attracts others who are similar. We then form relationships not based on projection so much as for conscious respect of the talents and gifts of the other without losing ourselves in the relationship. Joseph Campbell once said that there are three people

in a marriage. The man, the woman and the relationship. When people come from wholeness in themselves they may choose to sacrifice or compromise for the relationship but it is done with joyful consciousness and not grudgingly.

Intimacy with Parents and Children

Healthy relationships with our parents are likewise based on seeing the person in the wholeness of what they are and not projecting inflated or deflated fantasies on them about what a perfect mother or father is. When this happens they take on images of either God or the devil—neither which is usually the case. We must always remember that our soul chose them so there are no mistakes. Our parents are the perfect choice for us to learn and grow. We need to love them unconditionally for what they are and not as we would have them and to thank them for the many gifts and opportunities they give us. As we love and accept our parents as they are, we change the memory of what they were in the past and the relationship we had with them then. We actually reprogram our memories and our relationship. This is another important key in eliminating negative thoughtforms.

Intimacy with Friends

Our relationships with lovers, children and parents often carry a strong emotional charge that makes it difficult to be objective and stay conscious of what we are learning without attachment. Friendships are the creator's way of giving us less of an emotional charge and less chance of attachment so that we can learn more easily love unconditionally, accept others unconditionally and play with others unconditionally.

Intimacy with the Earth and all Living Beings

At some time in our evolution the idea dawns that we are earth beings and spirit beings and that each cell of our body is made up of these two aspects. There is no life without the other. With this thought comes an opening to breathe air, drink water, walk on the earth consciously and to thank it for its gift of life. Loving spirit and the earth we open ourselves to love vertically. Loving spouses, parents and friends we learn to love horizontally through our heart and hands. When we put these two axis together we love all creation and know how to be a full creator in the world.

Exercise:**Harmonious Relationships Visualization**

The next section is a guided visualization to help you to feel gratitude for the gifts that you have received from others and to let go of any cords that you are attaching to others or others are attaching to you. This mp3 is called [Harmonious Relationships](#).

Exercise:**Ritual of Ending**

The goals of the last meeting of group members for the *Fear Transformed* course are to continue to commit to your own individual development, to the development of each group member and to assist the spiritual beings who are helping with our evolution to link up to other world servers.

This is your last formal meeting and it is good to do a *Ritual of Ending*. Go around the circle and let people share what they have learned during the course and celebrate their progress. Also ask participants what their intentions are to continue doing. After this has finished it is important to see if the group wants to do the *optional Fear and Work Self-Tests* and/or perhaps do another IIT program and, if so, when would they like to start.

Some members might decide to do so and some may wish to discontinue. Have a ritual of ending for those who wish to leave. Bless them on their way and know you will always be linked to the group through your work together. The focalizer may want to take a picture before the end of the program to give to people on the final evening. Perhaps people could join hands and each group member say a prayer for each person until all people have received many prayers. This can be a very powerful experience when people speak from their hearts.

A Hopi Elder Speaks

You have been telling the people that this is the Eleventh Hour, now you must go back and tell the people that this is the Hour. There are things to be considered...

Where are you living?
What are you doing?
What are your relationships?
Are you in right relation?
Where is your water?
Know your garden.
It is time to speak your Truth.
Create your community.
Be good to each other.
And do not look outside yourself for the leader."

Then he clasped his hands together, smiled, and said, "This could be a good time! There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart and will suffer greatly.

Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.

And I say, see who is in there with you and celebrate.
At this time in history, we are to take nothing personally. Least of all ourselves. For the moment that we do, our spiritual growth and journey comes to a halt.

The time of the lone wolf is over. Gather yourselves!
Banish the word struggle from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.
We are the ones we've been waiting for.

Oraibi, Arizona

Optional Homework

If you are studying with a group and some members decide it would be helpful to have another meeting to take up the results from completing the *Fear and Work Self-Tests* then please complete the two assessments *Symptoms of Fear in Organizations* and *Symptoms of Fear for Entrepreneurs* for homework.

MY KEY LEARNINGS AND ACTION PLAN

Key Learnings:

Action Plan:

Optional Module 8

Note: Begin each module by creating a sacred space, followed by the Great Invocation and IIT Guided Visualization.

If you are studying in a group or with a partner, begin Module 8 by debriefing your homework and discussing your reflections and your action plan. If you are completing a self-study, review your key learnings and action plan from the Module 7 before continuing.

Fear and Work Self-Tests

At first glance you might think that the fear at work workbook does not apply to you, as you are no longer working. Even if you are no longer working there are many important points to be gleaned from the *Fear and Work Self-Tests*. For example, if you are doing volunteer work this information is applicable. Also, each of us continually needs to engage with organizations, such as the bank, the doctor, even your own study group and how it is led is an example of an organization.

1. Take up the results from the *Fear and Work Self-Tests* including the two homework assessments *Symptoms of Fear in Organizations* and *Symptoms of Fear for Entrepreneurs*. What did you discover?
2. How does this information apply to an organization that impacts you?
3. What would you like to do differently to reduce any fear that you feel with this organization?

NB. Page 29-40 of *Manifest Your Soul's Purpose* has sections that might interest you on meeting your soul and personality needs at work. Link [here](#) to purchase.

WHAT NEXT?

We recommend the following 3 courses in whichever order calls to you

Option 1. Transform Yourself

To become conscious, we must undergo deep transformation. We need to let go of old patterns that no longer serve us, and unite our personality with our soul's purpose.

How you benefit from this program:

- Learn the evolutionary new *Etheric Clearing Technique (ECT)* to release attachments, old beliefs and behaviors that sabotage your personal and professional effectiveness.
- Overcome fears that hold you back from developing your potential.
- Review positive and negative patterns in your life, and reinforce your strengths.
- Regain balance between personal life and work.
- Learn the spiritual laws that govern your physical, emotional, and mental well-being.

"Tanis Helliwell has a natural talent for healing. She is full of energy, creative and deeply intuitive. Her positive vision is palpable and generous." Michael Myers MD. Prof. of Psychiatry, Faculty of Medicine, University of British Columbia

Option 2. Transform Your Work

Happiness results from satisfying both our personality and soul needs. Ideally, the two work together in partnership because the soul knows the purpose for our life, and the personality is the vessel to fulfill that purpose. The soul and personality working together create a soul-infused personality— and interdependent partnership necessary to fully develop our potential.

This program helps you develop your Spiritual Intelligence (SQ). This leads to increased personal and professional effectiveness that results in the positive transformation of your life and work.

How you benefit from this program:

- Learn to use your seven major energy centers (chakras) to achieve your goals.
- Increase your life energy.
- Learn the 3 * 2 * 1 system to cultivate people who feed your soul.
- Complete a multiple intelligence inventory to assess your natural gifts.
- Build personal capacity through wisdom, love and divine will.
- Learn 11 strategies to use spiritual intelligence in your work.
- Solve key problems using intuitive and whole-brain techniques.
- Work in the flow by managing time in new ways.

"Exciting, deepening, refreshing. Tanis Helliwell is a remarkable co-creator on the world stage." Nancy E. Lamb, DML, MBA Professor, University of Massachusetts

Option 3: **Spiritual Transformation**

A spiritual transformation is a journey that unites our personality with our soul's purpose, giving us greater meaning in our lives. When we go through this deep transformation, we become more conscious. We gain more clarity and let go of old patterns that no longer serve us.

Recognize the signs of spiritual transformation and get the guidance you need along the journey. Step onto the path to achieving your highest potential. Liberate yourself from false illusions and gain a greater sense of freedom. It's time to receive the support you really need to be happy and fulfilled in your life.

How you benefit from this program:

- Learn tools to help you overcome self-limiting beliefs and behaviors.
- Connect with other like-minded and supportive people when you join a study group in your area.
- Discover powerful healing techniques by working with your Body Elemental.
- Practice heart-opening skills to create more positive relationships with yourself and others.
- Increase your spiritual intelligence (SQ) to succeed in this new, evolving world.
- Develop a greater capacity for compassion and access more joy.
- Discover the profound effects your transformation has on those around you.
- Become a conscious co-creator working with Spirit to fulfil your life purpose.

"Tanis' teachings and mentoring have opened doors, provided layers of meaning, and enhanced my sense of presence and purpose. My relationships with other members of IIT are both synergistic and symbiotic. As we learn together and support each other, our growth becomes exponential."

–Margaret Mills, President, InnerFormation Training and Consulting

All programs are given a credit in our in-depth **Spiritual Transformation Certification**

This in-depth training program has helped individuals for the past 19 years. It helps you develop your own consciousness and links you with other co-creative pioneers who are committed to forming communities to birth the next stage for humanity and the Earth. This is the equivalent of doing a Masters program in spiritual transformation. The program can be taken at your own pace.

For more information, please visit our website at www.iittransform.com

We welcome the opportunity to work with you on your journey of transformation!

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Web site: <http://www.iitransform.com> and www.tanishelliwell.com

BOOKS:

Summer with the Leprechauns: The authorized edition

Pilgrimage with the Leprechauns: A true story of a mystical tour of Ireland

Hybrids: So you think you are human

Manifest Your Soul's Purpose: A guide for life and work

Decoding Your Destiny: Keys to humanity's spiritual transformation

Embraced by Love: poems

CDs

Series A – The Self-Healing Series: Talk and visualization

1. The Body Elemental/ Healing with the Body Elemental

2. Rise of the Unconscious/ Your Basic Goodness

3. Reawakening Ancestral Memory/ Through the Veil Between the Worlds

Series B – Spiritual Transformation Collection: Talk and visualization

1. The Celtic Mysteries / Quest for the Holy Grail

2. The Egyptian Mysteries / Initiation in the Pyramid of Giza

3. The Greek Mysteries / Your Male and Female Archetypes

4. The Christian Mysteries / Jesus Life: A Story of Initiation

5. Address from the Earth/Manifesting Peace on Earth

Series C- Personal Growth: 2 visualizations

1. Energy Rebalancing Meditation/ Path of Your Life

2. Eliminating Negativity / Purpose of Your Life

3. Linking Up World Servers / Healing the Earth

DVDs

1. Spiritual Transformation

2. Elementals and Nature Spirits

3. Hybrids

4. Take Your Soul to Work

5. Managing the Stress of Change