

# Jane O'Neill

## Energy Alignment Method Coach

Your Journey to Yourself



### Scripts for Fear

#### **I am ready to release:**

Any feelings of fear

Any feelings of terror

Any beliefs I am not safe

Any need to be in flight, fight or freeze mode

Any physical symptoms caused by fear

Any impact on my body or mind, any emotional, mental or physical set points associated with fear

**I release all of this from my energy in all forms, on all levels and at all points in time**

#### **I am ready to allow:**

Myself to feel safe and secure

I know and I trust I am safe and secure

I am grounded, I am supported, I am confident, I am courageous

I am empowered

I now choose to stand in my own power

I create all of this as a new set point in my energy

**I allow all of this into my energy in all forms, on all levels and at all points in time**