JENNY THRASHER'S THRIVE EDUCATION

Remembering who we are

From Fear to Love

How can I shift from fear to love?

It begins with awareness. Notice what you're feeling, then gently ask, "Is this my truth?"

What Is Love?

Love is the life force energy at the core of who we are. It's how we think, feel and act when we're most ourselves. Our circumstances can change, but who we are at our core is always love.

Where Does Fear Come From?

Sometimes it's very real: a need that isn't met, or a place that isn't safe. Those fears deserve care and support. Other times, it comes from the stories we carry about our past and our future: that we're unworthy of love, that love hurts, or that our circumstances define us.

Am I the Only One Who Feels Tired of This Life?

"I've been intentional about my healing since losing my dad in 1999. There are still moments when I feel anxious, and days when I'm so tired that I don't want to live anymore. When that happens, I know something within me is asking for care, connection and more truth." *Jenny*

How Do We Let Go of Fear?

With practice. We acknowledge what we feel. We notice where we're wishing life was different, and the conflict that creates within us. When we're ready, we forgive ourselves and others. Forgiving doesn't justify what happened. It's remembering that what happened didn't change who we are at our core, which is always love.

How Do I Know What's True?

By learning to trust ourselves. Fear feels tight and reactive. Intuition is a calm, quiet knowing that brings peace. When we choose discernment over judgment, we begin to feel the difference. Truth always leads us back to love, and love shows up as peace and joy.

Ask Yourself

1. Is this my truth, or a story I've been telling myself?
2. Are my words and actions adding to the chaos and pain, or to the peace and joy?
3. **Is this adding to my peace or to my joy?** If it isn't, I can walk away.
4. What can I choose today that adds to my peace or my joy?

What Do I Choose to Experience?

Knowing I do not have control over the people, places or things, what do I choose to experience in this life?

Circle what speaks to you, and add your own:

love **peace** **joy** **harmony** **laughter** **meaningful connection** **contribution** **tenderness** **passion** **creativity** **abundance** **vitality** **clarity** **thoughtfulness**

Sometimes we think we have to stay quiet or rise above to keep the peace. Real peace grows as we learn to speak our truth from a place of love, and surround ourselves with people who do more than tolerate us. They love us for who we truly are.

What If the True Duality of Life Is Peace and Joy?

We often see duality as good versus evil, or light versus dark. When we remember that all we are is love, we recognize the dark as peace and the light as joy, and that we're meant to experience both.

Peace is quiet.
It is the night.

Joy is excitement.
It is the day.

Need help now? If you or someone you know is feeling overwhelmed, visit **secondaid.com**. If someone's in immediate danger, call **911**.

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