



# Module 4

## Releasing your Majesty - Part 1

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## Review of Module 3

What did you discover about the way you have been treating yourself?

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How did it feel to treat yourself in the way you deserve?

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Are you beginning to see yourself a Majestic and treating yourself as so?

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## Part 1 – Releasing FEAR from your life:

FEAR is one of the lowest of vibrations or energy. And being in that space of fear keeps you from connecting to your Majestic self and moving forward into everything you desire in your life.

Fear masquerades however in other feelings which are all rooted in fear.  
Unworthiness - Lack mentality - False Humility - Victim Mentality - Worry

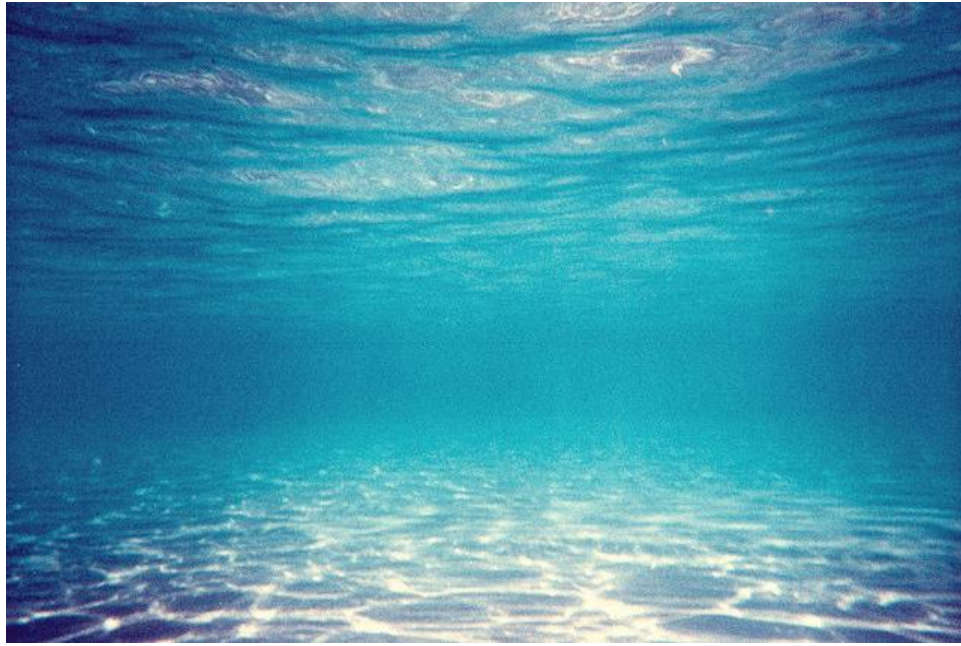
Unworthiness – FEAR of not being good enough.

Lack Mentality – Fear that there are not enough resources for everyone.

False Humility – Fear of being seen as conceited and not good or holy.

Victim Mentality – Fear of being physically or emotionally hurt.

Worry – Fear that the outcome is going to be a negative one



Sometimes these feelings reside where I call “in the undercurrent”. They are there, just below the surface much like lingering white noise you don’t even hear after a while.

Journal about these to see if any exist in the “undercurrent” of your life.

Unworthiness

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Lack Mentality

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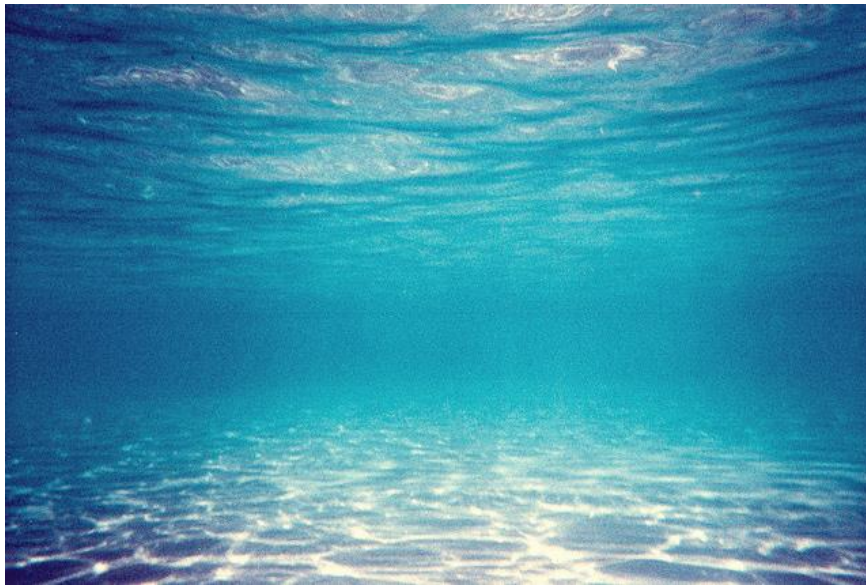
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False Humility

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### Victim Mentality

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### Worry

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Did you discover any of these lingering in the “undercurrent” of your life? If so, write them down.....

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Now take these to your quiet time and journal about them. Why do you feel this way? What do you think the root of each feeling is?

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Did you discover any other feelings that are rooted in fear? Write them down and ask yourself why you feel this way and what is the root of each.....

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The opposites of fear are: assurance - calmness - cheer - confidence - ease contentment - encouragement - faith - happiness – joy - trust - calm - comfort -love – bravery -courage -fearlessness

Take the feelings of fear you wrote from the previous exercise and choose a word from the above opposites for each fear word. Now write the doubt word and next to it the opposite word. (You may choose the same opposite word for more than one fear word).....

(Example: worry trust)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Now work on feeling each of the positive feelings and write how that feels to you.....

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Once you complete all the worksheets for this module. Write below what you have discovered and what changes you are ready to make in your life so that fear diminishes and your Majesty can be fully revealed to you...

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