

Mind your Fears

Embody courage & learn to trust your Self

Rhenen, 27,28,29 maart 2020



Theme:

The ego identity is inherently insecure yet the ego is tenacious in its drive to be secure and safe. The ego fears what it cannot predict or control. Based on the brain's negativity bias, the ego has adopted low levels of fear as a default mechanism for survival. When unhealed trauma



accumulates over time a new predicament develops: **the fear of fear**, meaning a reaction to fearful thoughts not an actual danger.

This class explores how, by focusing attention on the future, based on a painful past, the ego hallucinates negative expectations that generate fear. This class emphasizes body awareness to interrupt the habit of being afraid by **embracing your inner strength as courage that grows into Self-confidence**.

Goals:

- To know the difference between psychological fear and a fear reaction to an actual threat.
- To successfully interrupt fearful thoughts and ground attention in the present.
- To recognize how anxiety can mask itself as excitement and inappropriate laughter.
- To activate courage and practice speaking honestly, to make clear boundaries, to make requests, and decline unwanted offers.
- To have access to anger and learn to transform it into inner strength.
- To have a felt sense of the experience of self-confidence, inner peace, self-worth and self-love.

Content:

A fearful mindset focuses obsessive attention on the future. Often this results in procrastination, avoidance of conflict and confrontations, and failing to take effective action, and making important decisions informed by intuition and common sense **in the present moment**.

People who suffer due to unconscious fears were conditioned to survive stressful circumstances by blocking their anger and distorting it into hatred. This leaves them afraid of being angry and identified with their wounds.

Initially fear arises when an infant and very young children perceive that they don't have what they need. Children need to bond in order to feel safe. Inadequate bonding with the mother or father imprints the feeling of **not-safe**. Love connects and bonds, it nurtures and heals the trauma of rejection, abandonment and abuse. Minding your fears expresses an attitude of Self-love and Self-worth.

Methods:

Different body awareness exercises are introduced to bring attention to the present moment **to realize that you are safe**, yet feeling some form of fear. You will learn to recognize the physiology of fear and how to transform it at will.

There will be self-inquiry exercises to uncover toxic beliefs that block the appropriate expression of aggressive energy.

Movement and stillness awareness exercises are introduced to access inner peace and connect to your Higher Self.



Docent:

Osiris Montenegro, is a Psychosynthesis counselor, Acupuncturist, Deep Tissue Body worker and Reflexologist. Osiris combines his knowledge of wholistic medicine with his passion for Self-Awareness to provide a safe, dynamic, and fun space for personal transformation and learning. Osiris was trained in USA and China. He lives in Oslo, Norway and offers private sessions in person and online. He teaches personal development courses and retreats.

Datum/tijd/plaats/kosten

Vrijdag 27 maart 9.30-17.30 inclusief lunch, thee en koffie

Zaterdag 28 maart 10.00-17.30 inclusief lunch, thee en koffie

Zondag 29 maart 10.00-17.30 inclusief lunch, thee, koffie

De workshop vindt plaats bij de Verdieping, Plantsoenstraat 5, Rhenen.

Als je interesse hebt in een **overnachting** in Rhenen (niet inbegrepen bij de prijs), geef dit dan aan bij je inschrijving. De Broedplaats probeert hiervoor in samenwerking met een hotel met een leuk aanbod te komen.

De kosten zijn 450 euro, vrij van BTW.

Tickets koop je via de [website van de Broedplaats: >>](#)