

Motivation from Love and Fear

This practice is designed to help us gather information about a situation or decision we feel unresolved about, or one that we are sensing fear around. It will hopefully help you to unpack your motivation a little so that you can identify:

- hard, protective, and/or habitual motivation,
- soft, connecting, embodied motivation,

and work with that information to determine your authentic expression and next steps.

Settling Invitation

- Settling yourself in a comfortable position.
- You might like to take a few deep breaths to help you arrive, to help you start to tune in to your body. Giving yourself some time to get physically comfortable. You can choose to close your eyes fully or partially, or to keep your eyes open – whatever feels supportive, help you to not be distracted by either internal stimuli or external stimuli.

Reflecting Invitation

- Bringing into your awareness a current situation, an experience, something in your field at the moment, or coming up, that is causing you some anxiety. There are some difficult emotions around this particular part of your experience.
- You might notice how you feel this particular situation in your body. Where does it show up? How does it show up?
- And if it's feeling particularly strong or starting to feel overwhelming, you might experiment with choosing to move your body just a little. Making a conscious decision to move your body, bringing some movement to your experience. Maybe even a rhythmic movement, a rocking, moving from side to side, something gentle.
- So at the same time as you're tuning in to the difficult feeling, also being aware of the gentle movement of your body.

- And also remembering to breathe, tuning in – has your breathing changed at all? Can you bring more ease to your breathing? Can you even sit up a little bit straighter to allow for more ease in your breathing? You can choose moving and breathing – keeping yourself company, as you’re aware of this challenging sensation, experience, thing in your future.

Getting curious about fear

- And then considering this stressful thing in your experience and tuning in: what might be a response that you offer that’s coming from a place of fear or discomfort or resistance or hardness or disconnection? Just considering: what are the responses that come from a frightened place? We’re just looking at them, we’re not entertaining them, we’re just checking them out. What are my fear-type responses in this situation? How do I sometimes respond from fear?
- If you notice your mind moving into “fixing” mode, gently inviting your awareness to a more receptive way of being. We’re not trying to fix anything here – we’re simply being open to noticing information.
- If, as you’re considering these parts of your internal landscape, you start to feel into stronger difficult emotions, remembering that you can move and you can rock. Remembering to breathe. There’s nothing wrong with any of our fear responses. They are very natural. We learn from them. In many ways they protected us, kept us safe from harm.
- And also noticing are your fear responses somewhere in your body? Do you notice them in a particular place in your body? Do they have a particular quality?
 - Tension?
 - Tightness?
 - Heaviness?
 - Emptiness?
- This might require some courage, as it can be quite stressful to be tuning in to our body, so please go slowly and gently. We’re not demanding anything of our body, or making ourselves go to places that feel overwhelming. We’re simply considering our body as a dear source of information, who is waiting patiently for us to be with and listen to them.

- Noticing how these sensations of fear or unresolvedness feel and starting to gather any information you can find around this sensation. Are any of these aspects of this experience showing up for you:
 - a color?
 - an image?
 - a memory?
 - a word for an emotion?
 - an internal voice?
 - an internal part?
- Allowing yourself to get curious about this aspect of your experience, much as an archeologist might get curious about something new they find in their explorations. Giving yourself plenty of time to do this.

Responding from love

- And then shifting perspective a little, or a lot, tuning in to this stressful situation and tapping in to your innate capacity for love, kindness, responsiveness, connection. How might love inform your response to this difficult emotion or situation? How might tending, spaciousness, relaxing, allowing, or offering a kind word support you – how does that response feel in your body?
- How might the wise, compassionate part of you help you to:
 - uncover your truth?
 - acknowledge the reality of the situation?
 - set boundaries?
 - unstick yourself from old patterns?
 - locate the source of a fear motivation?
 - see how this fear helped you navigate childhood?
 - remember old incongruent messages?
 - acknowledge protective strategies?

- acknowledge past hurts?
- If you're having any trouble finding that in your own experience, then feeling free to draw on a resource you have – another person, an animal, a being, a deity. What kind of love might they offer in response to this difficulty that you're feeling? Allowing yourself to feel that in your body. Whatever works to access a response from love.
- Maybe noticing where that shows up in your body, how it feels, and the quality of responding from love:
 - the words,
 - the imagery,
 - the color,
 - a memory,
 - an internal part
 - an internal voice.
- If you need to, remembering you can move your body, you can rock your body: moving and breathing.

Validating and offering gratitude

- Then taking a moment to acknowledge - even offering some gratitude - for any love response you were able to tap into, acknowledging that this is a part of you, even if you borrowed this from someone else, it's still an internalization of their love. Acknowledging that you were able to tap into that experience, if you were able to tap into it.
- If it feels OK, taking a moment to acknowledge the motivation from fear, often a protective, learned habit we developed, an innocent desire to protect ourselves. Acknowledging that response as well.

Releasing Energy

- And if you need to, allowing all of that energy that you collected in your body to move down through your body and down into the earth. If you're feeling confusion or tightness or a just "a lot," moving all of that down, dropping with gravity, moving it into the earth. The earth knows what to do

with it, the earth can take it, the earth has this wonderful capacity to mulch, to compost, to create.

Transition Out

- And then bringing your awareness to a couple of deeper than usual breaths, if you would like to, to help you transition out of this practice. Starting to expand your awareness to your body as a whole. Starting to become aware of your body in this physical space that you're in right now.
- When you feel ready, opening your eyes if your eyes were closed and connecting visually with this space that you're in, the space that your body is in. You might even take a look at your body to see it in this space.
- Having a stretch, if you like, a sip of your drink.
- And moving gently back out into your day.