



CHECKLIST: Detach from Fear



6 Ways to Detach from Fear

Reiki refers to the universal energy around us and is built on a foundation good intention for all living things. Reiki helps stay mindful of the current moments so that we can resist from retreating into old patterns of fear.

Reiki reminds us of the universal power within our world. It reminds us that we are all connected and fear will often tear us apart while love will help us connect with ourselves and each other.

The below tips can help you begin to detach from fear:



Identify that you are experiencing fear



Acknowledge that fear is affecting your life and the various ways it impacts your life



Understand that fear is not a core trait of your personality that is unchangeable



Understand that fear belongs to the event or situation that you find yourself in and it will end



Imagine fear as an object and use your imagination to move that object to far away from you



Practice daily release of fear to send a consistent message to your brain that fear is released