

Untie the knots of fear



*How are your fears?
Are you really tied with them or are you aware?*

Until now, the invisible force of fear has been your constant companion. It has informed every decision and directed every choice. It is the knot in your heart that keeps you from fully loving. It has appeared at pivotal moments to steer you away from who you know you really are. It is the voice in your head telling you no. It is the very sound of defeat. It steals your birthright from you. It robs you of life itself.

Fear, sadness, and anger are emotions that show up in life not to destroy you, but to bring you into a higher awareness of your own humanity. We do everything in our power to close ourselves off from these feelings, but what would happen if we ran toward them with open arms? What would happen if we have to live fear free?

With Love and Light,

Roop Lakhani

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