

# No Fear

..... source unknown (adapted and modified by Amy Fox)

There was once a man who was walking late at night in the dark and as he traveled along the mountainous path, he slipped and fell over its edge.

Afraid he would fall thousands of feet, his fingers clung to the edge of the path he had just walked on. It was too dark to see anything or to know if there was something more tangible to grab. He shouted for help, but just the echo of his own voice answered him back.

Minutes passed by into hours as his hands grew cold and his grip weakened. But just when he thought he couldn't hold on any longer, the sun began to peak out from behind the mountains in the distance. In the light of daybreak the man looked down to the abyss beneath him and laughed.

There was no abyss. No deep plunge. He was merely six feet from a wide, rocky ledge on which he could have spent the whole night resting.

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## DISCUSSION QUESTIONS & PROMPTS

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### OPENING CLASS

When fear strikes, it will feel as if we are suspended from a cliff, ready to fall at a moments notice. But the reality is, fear is rarely life threatening and it's only when we are willing to look beyond the insurmountable darkness of a moment, that we'll find we're able to release our grip and take our next best step.

As you arrive on your mat, notice any tight or stuck places in your body. They might be physical places of tightness or they might be energetic.

Then, see if you can begin to deepen your breath, sending your breath into these sticky places. Fuller, deeper inhales...more forcible exhales...just breathing to strengthen and soften in the places you need it most.

### DURING CLASS

What are you clinging to? Where are you holding on?

In each moment we get a choice: do I cling to my cliff or do I allow myself to fall to the ledge?

Feelings are clues to what's happening in our body on a subconscious level and fear is a gift, a wake up call, one that invites us to cultivate courage and fortitude.

Where can you leverage your fear to take your next best step?

### CLOSING CLASS

Fear is an inescapable part of life, but if we're willing to look past the exact moment we're in – if we're willing to see beyond the darkness – more often than not, we'll find that our fear is a product of our mind and not our reality.

This week, where can you sit with your fear? Where can you breathe into your tight and stuck places so that you can create more space for solutions and possibility?

### EXTRAS

In his TED Talk, "[Smash Fear, Learn Anything](#)," Tim Ferriss invites us to lean into our fear and reminds us that confronting fear is the only way to move forward meaningfully.