

RESTORING RESOURCEFULNESS PROGRAM GUIDE

Module 4: Introduction to Fear Melters®

Program Introduction

This program is intended to support a global shift in our ability to effectively move out of the fear trance and to experience access to choice, connection, and collaboration. The modules in Restoring Resourcefulness expand your ability to meet challenges and create new structures that support getting real, wondering and creating caring communities.

- The Presencing Module shows you how to be fully with a feeling, another person, an unexpected event. When you move from fear to here you can meet life and create by choice.
- The Whole-Body Listening Module shows you how to bridge and appreciate difference, to try on another's point of view to expand the possibility of co-creating together rather than recycling us vs. them.
- The Breathing Module shows you the quickest way to locate yourself here and now and to decrease stress and increase vitality.
- The Fear Melters® module shows you how to move from fear to here by using simple, powerful body moves that shift you into agency and choice.
- The F.A.C.T. module shows you how to use our premier transformation process, a body intelligence practice that has been honed over several decades and can be used in a wide variety of situations.
- The Matching Module shows you a way to create congruence between your inner experience and your outer expression. Matching makes use of whole-body thinking and expressing which expands creativity and vitality.

We'll be continuing to add to the video programs with applications, suggested combinations, advanced videos, and more, so keep checking back for the latest advances.

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Module 4: Introduction to Fear Melters®

Fear is pervasive currently and can stop us from living a full and abundant life. When we get scared, we disconnect from others and ourselves. Our fight or flight response keeps us in our reptilian brain. Fear Melters® is a technique developed by Kathlyn Hendricks to shift our state and get unstuck. Fear Melters® restore presence and allow choice.

There Are Four Types of Fear

☐ FIGHT

☐ FLEE

☐ FREEZE

☐ FAINT

Steps:

1. We recommend watching the Fear Melters® Animation [Click Here](#)
2. Try on the Four Types of Fear
 - a. **FIGHT:** Chin comes up and out; weight is forward; a person's arms get tight, hands may form into fists; action speeds up, talking is faster, louder, shriller. This type of fear can be confused with anger.
 - b. **FLEE:** Part or all of you leave the vicinity; the first movement may be one shoulder coming back, or a person's weight moving backward; this can be accompanied by feet beginning to move and a nervous laugh. A person may flee the situation mentally without even moving--like when eyes glaze over. People may use the consumption of drugs, alcohol, technology or food to flee.
 - c. **FREEZE:** a person's body becomes tight and stiff, may be accompanied by a nervous smile. A startle response is a freeze move. Thoughts begin to recycle like a hamster wheel. The person may be replaying the last thing that they heard and trying on different responses in their mind, but are not usually talking.
 - d. **FAINT:** thinking becomes foggy, confused, the person feels drained, sleepy; may even faint or fall asleep. Your jaw may hang open. Often people feel or act "stupid". Imagine energy is draining out of the soles of the feet, that there's no anchor, "feeling adrift".

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3. Try on the Fear Melters®
 - a. **OOZE:** Begin to move slowly as if you are warm chocolate oozing off a spoon. Ooze your arms, shoulders, and hips and even your jaw; slow your words down and change your tone of voice.
 - b. **ROOT:** Widen your stance and bend your knees a little or a lot. Let your toes spread out as you imagine beautiful roots extending from your feet into the nourishment of the earth. Imagine the earth's energy infusing you with aliveness here and now.
 - c. **WIGGLE:** Begin to wiggle your fingers and toes, eventually wiggle your hips and shoulders; to unfreeze fully you will eventually need to wiggle your core
 - d. **LOVE SCOOPS:** Reach your arms out around you as if you are gathering energy and love towards you. Bring your hands towards you, touching your head, chest, belly or wherever love is needed. Focus on accessing your resources.
4. Notice the shifts in your body. **Science has shown that doing two minutes of Fear Melters® achieves the best results.**

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Resources

For more resources about Fear Melters® such as Fear Melters® Animation and Dr. Vandana Verma's article and video on the Four Types of Fear:

https://foundationforconsciousliving.org/big_leap_home/unlocking-the-fear-code-and-accessing-essence-power/

Coming Home to Yourself with Fear Melters®

https://foundationforconsciousliving.org/big_leap_home/coming-home-to-yourself-through-fear-melters/

Foundation for Conscious Living www.foundationforconsciousliving.org

Big Leap Home Online Programs

<https://foundationforconsciousliving.org/big-leap-home-online-programs/>

Restoring Resourcefulness Program

https://foundationforconsciousliving.org/big_leap_home/restoring-resourcefulness/