

## Fear Melters® - Moving from Fear to Flow

(inspired by hendricks.com)

Fear Melters are the creation of Katie and Gay Hendricks

They are the founders of:

- The Foundation for Conscious Living
- The Hendricks Institute

authors of many books

They teach core skills for conscious living and conscious loving

Fear Melters are very simple movements that allow us to enter a different state, a state of flow, whenever we recognize that we're reacting in our life...

If you recognize them at a body level, you can do something powerful, also at the body level, that moves you from fear to flow.

How to recognize fear expressions and how to melt the fears?

Katie recognizes four expressions of fear. Most are familiar with flight or fight, but there are four expressions: Fight, Flee, Freeze, Faint  
Fight fear

What happens in the body?

Chin comes up and out; weight is forward; arms get tight; action speeds up; talking is faster. This type of fear may feel and look like anger.  
Fear melter: oozing, undulating movements, especially around the shoulders area.

## **Flee Fear**

Weight goes backwards, one shoulder moves slightly back, head goes back, It's like your energy is leaving the space

Mental flee: people get in their heads, getting analytical

People may use consumption of drugs, alcohol, or food to flee.

**Fear melter:** Root stance: ground your feet, bend your knees, body slightly bent forward and hands on your knees

feel your feet, or your hip bones on the chair if seated

Feel like a mountain, feel your weight

Say: I am here, I am present

## **Freeze Fear**

Body becomes stiff, breath stops

thoughts begin to recycle (feels like a hamster on a wheel) replaying a situation and trying different responses

**Fear melter:** wiggle your fingers and toes, eventually wiggle your hips and shoulders slowly take the wiggling in the whole body

## **Faint Fear**

Thinking becomes foggy, person feels drained, sleepy

doesn't know what to say, the person may feel stupid, but it's fear There is also a component of passivity, of giving up

**Fear melter:** Love Scoops

Imagine you are surrounded by a pool of love

reach out into the air in front of you as if you are gathering energy

(scoop love) and bring hands towards you, touch your chest or any parts of the body that you feel needs your attention and sensitive awareness.

When you get to you, stop to receive the love, really feel it

With the Fear Melters, the fear turns into flow. From flow, you can add more things. From fluidity, we can connect with more options and possibilities.

You can also feel a combination of fear signatures. If you're in doubt, don't worry, any fear melter will bring back the flow. While you're in public, you can use mini fear melters – the same, but smaller.

Remember to breathe easily during any movement

I hope you enjoy this and use it on your daily experiences. Thank you

Nicoleta Dobrin