

Overcome Fear and Worry with Love

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~ to confidently support the Ukraine and Everyone Else

Hi, I'm Kate Large – If this is the first time you've joined me – I'm the Leading Authority on the teachings of Florence Scovel Shinn. I'm a metaphysical teacher and best-selling author at Amazon – and the founder of the Manifesting with Florence ...the Inner Circle Membership.

After teaching thousands of people across Mother Earth how to overcome fear and create a higher outcome, I've learned that "focused intention" is EVERYTHING.

Our intention today is to come together – As One... with a singular focus of stepping into the power of love that is our essence and support humanity with this love to overcome suffering at the hands of others.

I am honored to be with you – holding this safe space.

During this call we'll address the energy of worry and fear

** I'll share support tools to help you overcome fear

** we'll begin a guided journey of love by quieting our minds with a technique I learned from Deepak Chopra and use with permission of the Chopra Center.

I'll call in our angelic team and together we'll form a healing circle of love and creating our safe space to infuse pain and suffering with love.

We'll thank our angelic team and complete.

First, let's talk about fear and our free will. We're compassionate beings. When a painful event happens to us, or we hear about something tragic happening to others – whether they're near us or on the other side of Mother Earth, our immediate human reaction is to feel fear in our heart – and sometimes that fear floods our body.

That's how I felt when I read the notice on my phone of the Ukraine being invaded. Many of you may have felt that way, too.

When that feeling is left unchecked, the next move is for our body to subconsciously default to worry – and that rumble of worry runs in the background of everything we do.

Worry is a fear energy that makes us feel helpless and powerless and it can make our bodies sick. When we worry about someone or something, it's as if there's a cord from us to them... and that uncomfortable fear/worry feeling travels down that cord and oozes a dark cloud of energy all over the people and situation we're worrying about.

The physical world teaches us that worrying about someone, or something is the responsible thing to do, but that's a lie.

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When we consistently worry... the energy can paralyze us with fear and all we can do is stay glued to the tv taking in what's happening... it consumes our energy and leaves us feeling as if we have no power to help others or make a situation better – especially when we're not there and sometimes it seems as though no one's listening to the cries for help.

What's happening is real... but the feeling of being powerless... is an illusion of fear.

The fear we FEEL is a very real feeling, but the concept that we have no power to create a higher outcome is a lie.

We do have power – we have free will to choose another energy to feel... and experience... and BE.

When the shock of discovering what's happened wears off, and that can take as little as a few minutes to a few days... once that shock wears off... we have the ability to grasp clarity of thought and consciously choose to stop feeling the fear...

--- and instead CHOOSE to transcend the fear feelings... and embrace the very love that is our essence – reconnected with the God Part within – the love that IS the essence of our spirit.

Then from a distance we can share the power of that love with others even though they may be thousands of miles away.

A few years ago, I got a really clear visual and understanding of how this works.

When I meet in meditation with my Master Teacher, Ezra, he's always waiting for me on a plateau overlooking a beautiful valley. He's sitting in one of the two pale gray, square chairs – smoking a cigar that smells like a Stargazer Lily...

Several years ago, when I went into mediation and joined him..., I noticed his long hair was braided... then I noticed my hair was braided... and when I asked him why... my dad – who is in spirit – roared up on a motorcycle. We were going for a ride!

Ezra had his own bike and I crawled onto my dad's bike with him... and with a release of the clutch, we rode off the plateau into the air – oh my goodness! We didn't need a highway – because when you're in spirit you can do just about anything!

So, I'm holding onto my dad and looking around and next think I know it's dark – really dark...

I look down – and below us... I see lights – but they weren't city lights.

Daddy explained to me that the lights I was seeing were the light of the human spirit – their spiritual essence. As I watched... individual lights got brighter on their own – Daddy said these people were embracing gratitude and love energy – so their light got brighter.

Then I saw beacons of light coming from one spot and traveling to another whose light wasn't so bright. When the ray of light got there... the second light got brighter... Daddy said the first light was sending love to the second light... and the second light was feeling it – and the human spirit was comforted with the love light energy and their light got brighter.

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Fear and worry dim our light...

However... the darkness of fear cannot exist in the light of love...

We can't see energy with the human eye, but it's real...

Florence Scovel Shinn teaches us that "Love is the most powerful magnetic force in the universe." When it's non-resistant, it flows like water and opens the way for a higher outcome to manifest.

When we feel worried and afraid, we feel challenged to overcome the fear of worry... and unless someone shows us, most of us don't know how to shift our energy out of fear and worry -- to love.

There are a few things I teach my students to build a new foundation for their lives.

#1 – we each have free will and the ability to make conscious choices - the instant you face fear energy and observe it, the energy immediately begins to lose its power over you – because we observe energy from the light of love that is our essence.

As a result, our light dissipates the darkness of fear. Quantum Physics supports this by proving that energy reacts differently when we observe it. When we stuff fear and worry into our subconscious because it's too painful to look at, it hangs out in the darkness and feeds off our worries and anxieties.

#2 – we can only vibrate in the energy of love or the energy of fear – never both – we're always in one or the other

#3 – gratitude is love energy -- when we embrace gratitude – immersing ourselves in the love vibration of gratitude, we change the trajectory of our focused energy, and the way is opened to create a higher outcome as our experience.

Then to powerfully take the love energy a step further, Florence teaches us to "Bless" those we're not in agreement with – to bless people and situations to create a higher outcome.

I teach to access the love that is our essence – the very love energy of our soul or higher self – that God Part within – Florence calls it our Superconscious....

I'm not talking about how much you love oranges or the color blue, or how you love to sleep in on Sunday... -- not physical love...

I'm talking about the vibration of the love that is our consciousness – our soul... -- the light of the human spirits that I saw in the meditation when my dad and Ezra took me on a motorcycle ride over our planet.

I teach to access the love this is our essence and to fearlessly... without judgment... infuse the situation we're not in agreement with and all the people involved with THIS love – *the love that is the most powerful magnetic force in the universe* – the unconditional love that is our essence.

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In just a few minutes, I'm going to take you through a step-by-step guided journey to access this love that is your essence and focus that love to create a higher outcome.

We'll begin by quieting our minds with the technique I learned from Deepak Chopra – and again this is used with permission of the Chopra Center. The segments of this exercise work hand in hand to quiet your mind and open your heart to connect with your higher-self – that love that is your essence.

I'll also be asking your angelic team to make their presence known to you – to help you feel the shift in their loving energy. And before we get started... I ask the peaceful warrior, Norse Goddess Eir to join us bringing strength, stamina, and healing to this sacred space.

Together – as one – we'll create a healing circle of love. Throughout the guided journey... simply allow yourself to take in whatever you see in your mind's eye or feel in your heart. If you hold the belief that you can't envision the experience, please put that belief aside and right now picture an orange in your mind's eye. You know what an orange looks like – close your eyes and allow yourself to see it.

If you feel you can't meditate – put that belief aside and simply flow with my voice...

I'll be using a singing bowl during our journey. When we're infusing love, I'll strike the singing bowl, then stay silent for four focused minutes so we can all send the love energy.

So with our minds as ONE, with singular intention... we come together through the vibration of Love and begin with a prayer...

Father, Mother God, Creator of All That Is...

Surround us with your divine white light of healing love and allow only those of the light to connect with us. Together, we set our intention to access the divine Love within us to heal life experiences. May this energy dissolve our fear and shift us to the glorious state of love. Bless this fearless intention to connect with the unconditional love that is our essence and move forward with strength and stamina – healed from the inside out.

In deepest gratitude,
AMEN.

And now we'll quiet our minds...

Take a really deep breath... get comfortable...

Place your feet flat on the floor and with your hands gently in your lap, close your eyes.

Focus your attention on your heart and take another deep breath... and slowly exhale. Take another slow, deep breath...

Now shift your focus to gratitude of the blessings in your life. Embrace the things that you're grateful for and immerse yourself in the emotional fulfillment of gratitude.

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Now ask yourself these questions – don't try to answer, just ask – life will move you into the answers...

Who am I?

What do I want?

What's my purpose?

What makes me happy?

Now simply allow yourself to be aware of your physical body. Your hands in your lap – your feet flat on the floor.

Now focus again on your heart – allow yourself to hear the beating of your heart as a sound or feel it as a sensation.

Take a deep breath... and I ask your angels to come in close to you so you can feel their loving energy...

Your angels and I... we form a circle – a healing circle of love...

Now I'll ask you to join us by calling you in by the continent you live on.

If you're in Asia, please take my hand and that of an angel and join the circle....

If you're in Africa, please take my hand and that of an angel and join the circle...

If you're in Antarctica, please take my hand... and that of an angel and join the circle...

If you're in Australia... please take my hand and that of an angel.... And join the circle...

If you're in Europe, please... take my hand and that of an angel... and join the circle...

If you're in North America, please take my hand... and that of an angel and join the circle...

And if you're in South America, please... take my hand and that of an angel.... And join the circle...

Beautiful spirits of love and light, we fearlessly come together as one in the energy of love to anchor healing. Healing in all directions of time the pain inflicted from fellow human beings all across the soils and waters of Mother Earth.

I call in the Archangel Gatekeepers of the 4 directions – we welcome and thank you for joining us in this sacred space.

SINGING BOWL -- I call to the East – Archangel Raphael, keeper of the Element of Air – supporting us to heal mind, body, and spirit.

SINGING BOWL -- I call to the South – Archangel Michael – keeper of the Element of Fire – supporting truth, strength, stamina, and courage.

SINGING BOWL -- I call to the West – Archangel Gabriel, keeper of the Element of Water – supporting us to understand the voice of our higher self and angelic team.

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SINGING BOWL -- I call to the North – Archangel Uriel – keeper of the Element of Earth – holder of knowledge and wisdom in all directions of time...

The angels between us begin to shimmer and glow with unconditional love... Where they hold our hands, we too begin to glow of love and light. From above a brilliant white light of love comes down toward us... as a mist...

Breathe deeply of this gentle swirling mist of love... Allow yourself to feel the mist against your face, touching your hands... ever so gently... with each slow deep breath...

I send to you... all the love of my heart... the angels send to you... all their love...

Breathe in deeply of the love and fully exhale out the anxiety, worry and fear... you feel the shift to love...

Throughout this journey, I ask the Goddess Eir to move through the center of our circle with her healing touch... bringing strength and stamina to those who have suffered – healing the pain and suffering in all directions of time.

In the center of this circle of love, we place those we fear for..., worry about..., and wish to help and support... Ukrainians who are victims of the cruelty of fellow humans – family..., friends... colleagues and strangers.

Within our circle of love, we place the tragedies against humanity – all the unspeakable acts of violence, pain and suffering... experiences of the darkness of fear...

We set aside our anger and outrage – we release the human need to hold onto feelings of being powerless and instead... to the darkness of these events against the Ukrainians and all who are suffering...

We send them love ---

Together... as one... we infuse the situation and every person who is suffering with the unconditional love that is our essence with the focused intention to create the highest possible outcome of love – from within... to without...

Now... we send and infuse all... with the love that is our very essence --- the life force energy of God within us.

~~*~*~* Singing bowl – 4 minutes silence

In the center of this circle of love, we now place those who are inflicting the pain and suffering on others – whether by their own volition or by being ordered to do so – no matter where they live on Mother Earth – angelic presence knows who they are and where they are – they cannot hide...

We understand that infusing these people with love does NOT condone their behavior.

The love opens the way for a higher outcome to be made manifest.

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To the darkness of these events and the people involved... together with focused intention... we infuse them with the unconditional love of our essence – the life force energy of God within us -- to open the way for them to STOP inflicting pain and suffering – opening the way for the highest possible outcome.

~~*~*~* Singing bowl – 4 minutes silence

Now we turn our attention to pain and suffering throughout Mother Earth.

Together we hold the intention that all beings be released from pain and suffering.

Now place in the center of the circle anyone you know who is suffering – friends..., family..., yourself... anyone you've seen on the news... in the center of the circle we place ALL beings who are suffering throughout the soils and waters of Mother Earth – including Mother Earth herself...

Together with focused intent, we infuse all who are in the center of our circle with unconditional love of our essence...

The love effortlessly flows throughout the center of the circle, infusing people... animals... situations... events... and Mother Earth herself...

~~*~*~* Singing bowl – 4 minutes silence

This infusion of love that you've performed, heals the soils of Mother Earth beneath your feet.

We now ground and anchor the love of this experience.

With another deep breath, roots from your feet travel down through the soils and waters of Mother Earth, down to the core light of healing love at her center. Envision these roots wrapping firmly around a black tourmaline sphere.

With another deep breath, pull the healing light of Mother Earth back up through the soils, rocks, and clay... back up to your feet... up your legs... to your heart...

Before opening your eyes... we thank the angels who have joined us to hold this safe space... As they release your hands, notice that you continue to glow with the love they've infused through your hands.

You're fully grounded and returned to your space --- When you're ready, bring with you this beautiful angelic love and open your eyes.

When we come together as one with the singular focused intent of sharing the love that is our essence to heal, support and create a higher outcome for others and our planet, our power is magnified immeasurably.

You may feel a sense of betrayal to those who are suffering when you're enjoying your life. Release the need to feel that way. That's a physical world, human guilt trip and it doesn't serve anyone.

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The more you can hold onto enjoying your life and sending unconditional love like we have here, the more the way is opened to create a higher outcome.

Before we complete, here are 5 simple action steps to support you to overcome fear and worry and hold the love space for a higher outcome in everything around you as well as all areas of your own life:

#1 Breathe deeply – humans breathe shallowly and when we're stressed, we hold our breath starving our vital organs – including our brain of the vital oxygen needed to sustain life and clarity of thought.

#2 Consciously choose to BE the vibration of Love instead of allowing your energy to default to whatever energy your subconscious was hanging out in the last time you got angry, scared, or anxious. – remember you're either vibrating in love energy or fear energy – never both.

#3 Observe the energy of your fear when it shows up.

#4 Embrace gratitude and immerse yourself in it as much as you possibly can to transcend fear. Feeling happy and grateful doesn't betray anyone, it empowers you to handle whatever comes next and supports you to hold others in love energy.

#5 You can infuse people and situations with love anytime you want to. I've done this while standing in line at the post office. Infusing people and situations with love ALWAYS opens the way to create a higher outcome – because LOVE is the most powerful magnetic force in the universe.

If you want to help physically in some way and don't know how, contact your local tV station – they have resources to share.

If you'd like to have this recording to listen to anytime, it will be available later today. I'll post a link in the FB groups.

Thank you for joining us.

Until we meet again. I send you all the love of my heart...