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NEW sletter

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"Dear Fear,

Listen, I come with love. Really. I can look back at my life and see all the opportunities, rescue missions, and ways you kept me safe. Not only safe, but aware.

I always say, awareness is everything and it's because of you that my skills have grown. And - that's just it: I've grown.

I needed you, growing up in such a space of instability. I needed you, as I lived out my 12-year marriage. Hell, I think it was you that gave me the courage to leave. I needed you, as I raised

DEAR FEAR...

my two daughters alone and dove into the dating world for the first time in this lifetime.

I won't sit here and write about how you've always been in the way - you were the way.

But fear, I think it's time that you took a back seat.

You know, through these last 36 years, I've learned quite a few lessons as you guided me. In fact, I've learned more in these years than I think most people learn in a lifetime.

I don't regret any of the experiences because I now have those lessons to help me move forward. There's no room for you anymore.

With my toolbox full, I have to leave you behind. You know I'm not the same person you protected all those times; you know that if you stay, you'll cause more harm than good.

So I'm going to let some other things steer me, like: "knowing" and "awareness" and "trust" and "love" because those are the biggest tools I've gained.

My therapist once told me that there is no way the exact same experiences were going to happen again. They can't - because those same people/things aren't in my life anymore & I now have the "knowing" of how to sense the signs before they happen.

My situations aren't the same because I've gained "awareness" around what stays and what needs to go.

I'm not the same because I've finally learned how to "trust" myself, the universe, and the process. And I'm choosing to lead with "love" and open up to love going forward, as I approach some of the scariest and most exciting seasons of my life.

See, I just don't see how you fit anymore.

I release you, with love. I release you, with gratitude. I release you, thankful for how you saved me. I release you, I'm ready to live my life.

xo Raina"

EXHALE.

The exhale to me is a deep release. I can't help but think of an emotion, word, or worry that I want to release every time I take an intentional exhale. I'll catch myself mid-journaling and realize that what I'm writing has me so wound up, I hold my breath. I'll often write it out: *exhale* - so I can intentionally let that weight go, right along with whatever emotion I'm holding onto.

I was reading a book the other morning and one of the opening lines to the chapter went like this:

"You are a child of God. You were created in a blinding flash of creativity, a primal thought when God extended Himself in love. Everything you've added on since is useless."

Let me just pause for a moment because this was triggering for me at first. I've got a lot of "God" and "Church" trauma that I'm actively working through so when I read this I almost skipped through it. This book, like a lot of them that I read, tells you to exchange the word "God" for "Universe" or "Higher Power" or another word - whatever suits you more.

So, if you're like me, release the *ick* that you have and re-read the passage exchanging the word "God" for "Universe". It really struck a cord for me: **Everything you've added on since is useless.**

I shared this passage with my therapist and we started talking about all of the fears that I had been carrying for so long. A lot of them I've shared here in these Newsletters with you.

Fear of losing everything.

Scarcity mindset.

Fear of doing "parenting" wrong.

Fear of failure.

Impostor Syndrome.

Fear of being a Fraud.

Fear of abandonment.

Fear of doing life alone.

I wasn't born with all of these fears, they're thoughts, beliefs, and mindsets that have sort of clung onto my back as life threw it's twists and turns.

My fear of losing everything developed after my divorce.

Scarcity mindset came from my childhood.

Fear of doing "parenting" wrong came from comparison & lack of confidence in myself.

Fear of failure came from my entrepreneurship journey, right along with Impostor Syndrome.

Fear of being a fraud came from success in my business after bankruptcy.

Fear of abandonment came from childhood and grew stronger with each relationship I invested in and then lost.

Fear of doing life alone has stemmed from most of the above and from the feelings of loneliness over the years.

Over the last several months, I've been in a slow-down mode that has allowed me to label and identify all of these things, the emotions & beliefs, that have kept me in a personal state of stagnation.

While I'm ridiculously proud of the growth, resilience, and dedication I've had towards my life and changing it, I couldn't help but notice that my body was telling another story.

I've shared before, about my journey in EMDR and this was insanely helpful in helping me rewire those stories.



FEAR REMOVED.

While my analytical and adult mind believed that I'd be just fine, life wasn't going to fall apart, and I wouldn't be alone forever, I would have insane feelings of heaviness and worry, nauseating and consuming, that were telling me that my body didn't quite agree with my head.

EMDR, therapy, and deciding to create new stories for myself, helped my body catch up.

In one of my recent therapy sessions, post-EMDR, I hopped on zoom with my therapist and shared how life felt "*a bit odd*" since releasing and removing this undercurrent of fear.

I had written *that* letter to fear, sharing it with her, and she said: "Wow, so I wonder now, what life will look and feel like without those fears that have been holding you back?"

I responded with, *I guess it'll feel like it does today?*

A bit quiet. Peaceful almost...

Like things just flow without worry... It's something I'll have to get used to.

One of my **Daily Rhythms** members shared a page recently from the book, *Unbound*:

"Where will inspiration come from if I cast my fear of failure & perfectionism into the wind? How will I know who I am without all of those things?"

Oh darling, a voice replied, that's the point. How will you know who you are if you don't let everything go?"

I've allowed that question to prompt me in my journaling and in my daily decisions.

What would my day feel like if my fears didn't exist?

How would I love myself?

How would my daily choices change?

If I showed up for my day with confidence, in business and parenting, what would shift?

If I put my needs and values first, loving myself fully, not looking for anything external to fill a void, what would that feel like? How would I start showing up for myself?

Dear reader, I would slow down.

I would recognize from the moment I woke up, there's no rush. I would take things slow and give myself grace where I needed it.

There would be no pressure in the day, to achieve or hustle in order to *prove my worth* - I would just work. I would have boundaries up where they needed to be and release the urge to people please. I would remind myself that **I am a magnet** for abundance and I've always had what I needed, when I needed it and that won't change.

I won't be naive to think those fears or thoughts won't pop into my mind every now and then and when they do, I'll be ready with the truth & the new stories to replace them.



I would trust my gut. My ex made fun of that statement once and it instilled doubt in me. Never again - my intuition has steered me in the right direction for as long as I could remember. It often took me longer than I'd like to act on it and make changes, but when I've listened, I've grown.

I would trust her, that inner voice.

I would trust myself in the choices I make as a parent, reminding myself that I know my girls better than anyone on the planet. My intuition wants the best for them also.

I would realize that the only way to fail is to stay paralyzed and stuck. We let that fear pop in often, don't we? Fear of failure. If only we'd realize that we're already failing by not acting. We are failing by remaining stagnant & settling. Settling is not living, it's not growth.

I would show up for my business, as an entrepreneur, without fear.

I would show up with confidence and belief in myself & what I have to offer the world.

I would show up without the need to people please and release comparison mindset.

I would show up as me, sharing what I know, nothing more.



I would remind myself that I'm not alone.

I've never been alone. While it's okay for loneliness to creep in now and then, I'll recognize it, hold it, comfort it, and release it.

I'll remind myself that I am able to provide everything I feel is lacking. If I feel alone, I'll reflect on what I need in that moment.

I would show myself love through nourishment and movement.

I would take myself out on dates for adventure, passion, spontaneity, and fun: book massages & facials, take myself to happy hour, sign up for yoga classes, say yes to margaritas & tacos. Say yes more when it's a yes.

I would take time to bring back sensuality and love to myself.

I would ground myself with my animals & fur-babies.

I would write, every single day, whatever needs to come out.

I would actively catch old stories and beliefs, holding them like a newborn baby, and like I did with fear, release them.

What would life feel like if the fears I used to cling to didn't exist anymore? It would feel zen, calm, whole, tranquil, peaceful, undisturbed, and complete.

I got an Instagram message yesterday:

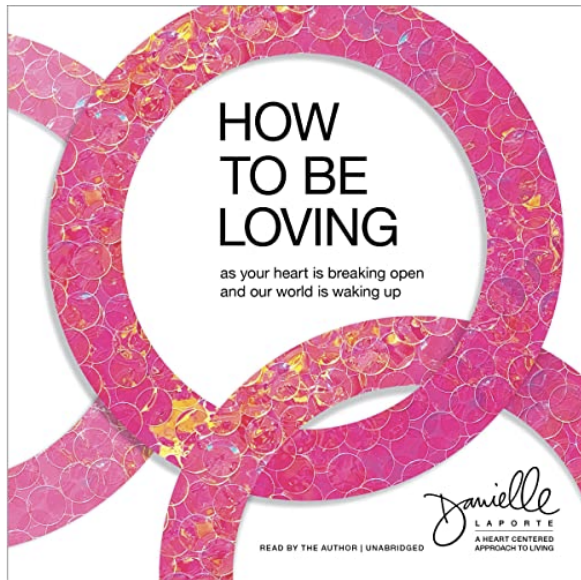
"Not sure what changed in your life and really none of my business, but I can tell you are glowing more and smiling more. So whatever it was, it was good for you and it's very apparent."

I smiled to myself & replied:

Well, I don't have any secrets... just a lot of self-love.



MUST READ.



“Don’t try to life hack your way through fear—that only creates more fear.” And stop suppressing your ego: “It will put up a fight, but the ego just wants to be loved—integrated, not segregated.” This book was insanely helpful to read this month as I worked on noticing and releasing my fears. Our ego is a stubborn M-F-er. I think this book will be a helpful tool for you also.

CLICK THE IMAGE TO CHECK OUT THE BOOK.

WORK WITH ME.



Daily Rhythms has officially launched and in just 3 weeks, we've welcomed over 500 members! This community will be your anchor as you start, continue, and live out your journey towards becoming your highest self. No more burnout, overwhelm, or stress. Create a vision, release the fears, rewire your thoughts, find a flow, and establish a **rhythm** that allows you to show up as *her*. I'll be there to hold your hand.