

ACTION POINTS

From Fear to Faith

Being Present With Your Feelings — A Practice of Release, Courage & Love

A feeling is just something your soul — your greater being — wants to communicate. It is something subconscious. Many of us numb our feelings when they are unpleasant. We smoke, drink, and reach for other behaviours to avoid feeling. Yet it is in acknowledging the unpleasant feeling that we allow it to leave.

The feelings want to leave. They only stay because we resist them. Allowing them to exist allows them to dissipate. What follows are three practices to help you stop resisting, lean in, and let healing happen.

THE HEART OF IT

Your feelings are not the enemy. They are messengers. Welcome them, and they deliver their message and go.

FROM THE IGNITE RESILIENCE BOOK

The practices in this guide are drawn from the Ignite Resilience book — a collection of real, hard-won stories about moving from fear to faith.

Resilience is not about never falling. It is about what we do once we have fallen — how we feel our feelings, lean into our fear, and find our way back to love and to ourselves. Each chapter shares a turning point: a moment where someone, faced with what felt impossible, chose to keep going. Together these stories show that resilience is not a trait reserved for the lucky few. It is a practice anyone can learn.

Discover the book and its stories: transformyourblueprint.com/resilience-book

PART ONE

Be Present With the Feelings

Before you can release a feeling, you have to be willing to feel it. Presence is not analysis — you don't need to explain or justify the feeling. You simply need to let it be there without running from it.

Why we resist

When a feeling is uncomfortable, the instinct is to numb, distract, or push it down. But resistance is exactly what keeps the feeling stuck. The more we avoid it, the longer it lingers. Acknowledgement is the doorway out.

Action Steps

1. Notice the feeling without naming it good or bad. Simply say to yourself, "This is here right now."
2. Drop the story. Stop analysing why you feel it. Let the feeling exist on its own.

3. Locate it in the body. Where do you feel it — chest, throat, stomach? Rest your attention there.
4. Breathe with it. Let it be present for a few breaths. Do not fix it, do not chase it away.
5. Watch it move. As you stop resisting, notice the feeling soften, shift, or dissolve on its own.

REMEMBER

Numbing is resistance in disguise. Allowing is release. The feeling came to be felt, not feared.

PART TWO

Say Yes to Fear

Fear stays with us when we deny it and avoid it. The moment we stop fighting fear and instead say yes to it, we break the cycle of resistance — and fear is allowed to leave. In its place, faith rises and resilience perseveres.

The “Yes to Fear” Exercise

Try this the next time fear shows up. It takes about five minutes.

1. Measure it. On a scale from one to ten, how strong is the fear right now? Note the number.
2. Say yes. Out loud or silently, say “yes” to the fear. Don’t argue with it — welcome it.
3. Say yes again. Keep saying yes to the fear, over and over, for a full five minutes.
4. Measure again. After five minutes, take a fresh measure from one to ten.
5. Notice the shift. See what has changed. Most people find the charge has dropped — and something steadier has taken its place.

THE TRUTH ABOUT FEAR

When you lean into fear and say yes, you break the cycle of resistance and allow fear to leave. This, in turn, allows faith to rise and resilience to persevere.

PART THREE

Love Yourself, and Love Those Around You

When we allow ourselves to soften and feel compassion — for ourselves and for others — we both give and receive love. That is when healing occurs. And by blessing others with love, you too are being blessed.

One such blessing is Ho’oponopono, a Hawaiian practice used in the Kahuna community. Practised whenever the need for healing arises, it clears negative energies and connects you with something greater than yourself.

What Is Ho’oponopono?

Ho’oponopono is an ancient Hawaiian practice of reconciliation and forgiveness. The name means “to make right” or “to set things in balance” — ho’o (“to make”) and pono (“rightness, harmony”). In its self-directed form it becomes a personal practice: a way to clean away the negative thoughts, memories, and emotions you carry, and return to peace.

THE CORE PRINCIPLE

Take 100% responsibility for your inner world. You cannot always control what happens — but you can clean how it lives inside you. When you clear the inner error, your experience shifts.

The Four Phrases

It is four simple sentences, repeated while directed at oneself or another person, quietly or aloud:

Phrase	What it does
1) “I am sorry”	Acknowledges responsibility for whatever you are holding.
2) “Please forgive me”	Opens the door to release and asks for forgiveness.
3) “Thank you”	Expresses gratitude — the energy of receiving.
4) “I love you”	Offers love and dissolves the charge, restoring peace.

There is no fixed order. Many use them as a flowing loop: “I am sorry. Please forgive me. Thank you. I love you.” Repeat until you feel the shift.

How to Practise — Step by Step

1. Pause. Notice a feeling, memory, person, or situation that is troubling you. You don’t need to analyse it.
2. Take ownership. Quietly accept: “This is showing up in my experience, so I will clean it.”
3. Repeat the four phrases. Slowly, with feeling, as a loop. Let your attention rest on the words, not the problem.
4. Breathe and continue. Keep going for a minute or several — as long as it takes to feel lighter.
5. Let go. Don’t grip the outcome. Trust the cleaning has done its work, and return to your day.

Coaching Reflection

Use these prompts to deepen all three practices in a session or journal:

- What feeling am I currently numbing instead of allowing?
- Where could I say “yes” to a fear I have been avoiding?
- Where am I waiting for someone else to change before I can feel at peace?
- What shifts in me when I take full responsibility — not blame, but ownership?
- How does it feel in my body to send love to myself, and to another?

A NOTE ON RESPECT

The modern self-help form of Ho’oponopono differs from the traditional Hawaiian family ritual. Practise it with gratitude and respect for its cultural roots, and hold it as a gift rather than a technique to be “used.”

“Say yes to the feeling. Say yes to the fear. Say yes to love — and let healing begin.”

ABOUT THE AUTHOR

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Chris helps people who feel stuck find their way back to themselves — a clearer head, stronger leadership, and a life that actually works for them. Through Ignite Coaching he works one-to-one in short, focused sessions, helping clients move from stuck to resourceful, and from fear to faith.

Read Chris's full story: transformyourblueprint.com/about

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