**Childhood Fears Energy Balancing**

**Body Brain Integration Breath Technique**

1. To energy balance Childhood Fears, firstly hold the points above the two eyebrows with your thumb and 1st finger while doing this Breath Technique. 2. Say or think of each issue. ***"The fear of..."***  3. Take a breath in and out twice. The 2 breaths represent "receiving and accepting". 4. Your muscle test will now be strong for that issue. Then do the same for the next issue.

Balance as many issues as your intuition allows you at one time, probably the average is 7-17 per day. You can continue the next day. Use your intuition to guide you if you need a little more of a break before continuing.

Childhood Fear Issues. Check them off the list as you do them.

***The fear of...***

1. Being abandoned
2. Not being loved
3. Being rejected
4. Trusting others
5. Being ignored
6. Loving others
7. Needing others
8. Happenings beyond my control
9. Relying on others
10. Not being good enough
11. Being needed by others
12. being confined
13. Lack of freedom
14. That I can't love others
15. Bright light or darkness
16. Noise or silence
17. Being left alone
18. Being trusted
19. Being left uncared for
20. That others won't trust me
21. being hurt physically or mentally
22. Hurting others
23. Caring for others
24. Giving to others
25. Helping other
26. People in general
27. Not being fed
28. Being Sick
29. Being cold
30. Not being allowed to do what I want
31. Not being in control
32. Being too hot
33. Not being able to breathe
34. Water
35. Wanting to be with others
36. Being nurtured
37. Being disciplined
38. Violence
39. Loud noises
40. Dark shadows
41. Crying
42. Pain
43. Being born
44. The world experience