

# Transforming Fear to Love

## A Simple Guideline

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### 1. INTENTION

Make a sincere commitment or a strong aspiration to overcome fear completely

### 2. FOCUS

Recognise that this will require persistent and continuous effort, so pledge to stay the course

### 3. RECLAIM YOUR SPIRITUALITY

Begin by reclaiming your spirituality and recognising that you ARE love

### 4. EFFORT – REMOVE OLD IMPRINTS

Work towards removing and clearing all defilements or negative imprints, mental habits and tendencies

### 5. REPLACE WITH NEW IMPRINTS

Put a new positive daily habit or routine into place; your new habits will become your new imprints

### 6. REPEAT & REINFORCE

Use tools like affirmations, subliminal messages, meditation, hypnosis, etc. to augment your effort

### 7. PERSISTENCY

Motivate yourself constantly through reading books and mixing with like-minded people