

# THE MECHANICS OF FEAR

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In this session, we dive into the mechanics of fear through the three awareness centers present in the BodyGraph.

We explore how fear manifests, how it becomes fixed, and how it is activated through the gates and their energetic dynamics.

Rather than seeing fear as a limitation, we bring its inherent wisdom to the surface — distinguishing conditioned fears from those that belong to our natural intelligence.

The goal is not to eliminate fear, but to understand it, integrate it, and transform its intensity into clarity and awareness.





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