



# **Five Energy Dynamics™**

## **in Action**

### **The Five Types of Fear**

**"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. "**

- Nelson Mandela

# The Five Types of Fear

**Our fears limit us, hold us back and stop us from taking action.**

At the same time they're our allies and protectors.

If you can understand your fears and what they tell you, then they can teach you, help you grow **and** keep you safe.

## **Fear keeping us safe: The positive side of fear**

Our major fears commonly occur when we move into a big new cycle of growth or change.

At times of change we need a powerful emotion that can stop us from doing the wrong thing. No other emotion can do that other than fear, it keeps us safe.

Our fears are there to protect us, warn us and keep us from harm. They're also there to teach us and to help us grow. Unfortunately they all too commonly get out of hand and overpower us when we don't understand what they are telling us, and then they end up preventing us from doing our greatest work or contribution.

They limit our success and hold us back, stopping us from fulfilling our potential.

## **Where do our fears come from?**

Each emotion is linked to one of the Five Energies and Fear is associated with Water Energy.

The **expression** of that fear however is determined by something else, the dominant Energies in your Five Energy Dynamic™ profile. They're your window and view on the world.

**Understanding your fears based on the Energies within your Five Energy Dynamic™ profile helps you understand the nature of your fears, and allows you to put them in their place.**

Here's an overview of each Energy based fear, and some solutions or ways to tackle them.

**Your Ideal Mentor:** At the end of each section we talk about your ideal mentor. Your ideal mentor is to be taken as a guideline, rather than an absolute. Choosing your ideal mentor depends on your stage and phase of business or life as well as your fear.

Although we think it helps, you don't have to know your Five Energy Dynamic™ profile to benefit from this guide, as you will still be able to recognise your style of fear.

**You can find out your Five Energy Dynamic™ profile for free at the end of this guide by taking The Vitality Test™**

**Ok, let's head off and look at the first Energy and the fear it generates...**

**Water Energy Fear:** You fear that you'll end up somewhere you don't want to be, with something you don't want to have, or you won't be safe.

With this dominant Energy in your profile you often fear the future or the unknown, because you may not feel secure or safe, or like where you end up. You sense there will be a danger to your very existence (the fundamental fear) or you will just be unhappy in the future.

Often a response to this is to have a strong desire to assess risk or try and predict the future.

**Your solution:** Be strategic and plan where you're going to end up, and that way **you're the one** that decides exactly what you'll have in the future. Be strategic, that's the lesson.

Reflect on what you have learned from the past and have a clear vision of where you are going, with a plan to get there. Design your future with the end in mind; perhaps make that end point such a world changing legacy that any fears you have diminish into the background.

You can decide how risky you want your life to be and how safe, and ultimately how much of a difference you'll make to your world. You design it all through reflection and strategy.

**Look for a mentor that is good at long-term strategy.**

**Wood Energy Fear:** You fear you'll lose control. Often this can manifest as a fear of being trapped or stuck in something that you dislike, or can't cope with or manage.

Being trapped and constrained is uncomfortable for Wood types, they don't like to be held back and their freedom is important.

**Your solution:** Again strategic planning and business/life design are the keys to dealing with this fear. Design your life or your business so that you end up exactly where you intended. With the freedom you want and the variety you need.

There may be an issue about trying to do everything yourself, or trying to control everything!

We get trapped or stuck in our own personal hell, something we fear, because we try to do everything ourselves.

Delegate and relax that control, I'm sure they'll be able to do it nearly as well as you!

**To plan and sit with the right level of control, that's what this fear is teaching you to do.**

**Look for a mentor that you have to be accountable to and is good at planning, but make sure that you aren't pushed into following 'their ideas'.**

## **Fire Energy Fear:** You fear you'll be rejected, disliked or unloved.

Often Fire types with their incredible sensitivity to what people are feeling can worry or have a fear about what people feel about them. It can be paralysing, stopping you moving forward, or just a constant discomfort that is wearing, tiring and all ways in the back of your mind.

**Your solution:** Find something that's bigger than your feelings, a mission that's so important that you become secondary or less important. **It's not about you.**

The reality is you're never going to be liked or loved by everyone. So stand up clearly for what you believe in, and then you'll be truly loved by the people that count and matter to you.

**Grasp the love or thanks you are given.** Fire types often dismiss or deflect the thanks or appreciation they're given. Moving it to one side or saying it was nothing. You must take on board the thanks you are given and appreciate it.

Those are your lessons.

**Look for a mentor that focuses on the 'big why' and the 'big picture'**

## **Earth Energy Fear:** You fear that you won't be up to the task or understand what needs to be done; you fear you'll be out of your depth, so fear stops you moving forward.

**Your solution:** Ask for help. Find someone that knows how to do what you don't.

You're probably great at supporting others but may be less good at asking for help. No one knows how to do everything! **Ask for help and support**, that's your lesson.

With a future project, clearly break down the things that you have to do, and then note down the ones that make you nervous, collectively they create your fears.

If you are unsure what's ahead, or what you're taking on, find someone that's done it already and ask them. Find out what's involved and then get all the support you need to do it.

Perhaps swap your talents for theirs.

**Your lesson is that it's fine not to understand, and that you can receive as well as give help.**

**Look for a mentor that can teach and explain things well, and has done it in the real world.**

**Metal Energy Fear:** You fear that you'll lose something important, or you will end up in a situation where you'll pay a heavy price for your success. Fear of loss.

**Your solution:** Decide on what you are prepared to give up and the price you are prepared to pay. Everything has a cost, but also a value. You can decide what you will lose and gain.

Sometimes with a lot of Metal Energy in your profile there can also be a fear of being measured, being weighed up and found to be less than perfect.

You have a fear you won't be valued. This is slightly different from a Fire Energy based fear of not being loved or appreciated, which is more about feelings. Metal Energy fear is often more concerned with the final result, the value and the perfection, which will be scrutinised and measured, which is more of an analytical and value based process.

**Your solution:** Detach from the outcome and just do your best. The reality is that whatever you do is always good enough, because of your style of working and the quality you demand.

**A Exercise:** On a physical level, hold some extra air in the top of your lungs, like you never actually release all that you have taken in. That will help with those sensations or feelings of being unvalued, and any sense of loss.

**Look for a mentor that 'gets you' but has the talents to show you how to share your message with the world with connected communication and compassion.**

## The Universal Solution to Fear



**Fear Hates Fame**

If you're afraid of something, shout it out, tell the world, put it in the spotlight and watch it hide...

Even give it an Oscar for holding you back.

Nick Haines



Although each Energy type has their own specific solution to fear, there is a **universal solution** that works for everyone, every fear and every Energy type.

**Name or articulate your fear.** This brings it out from the shadows and takes away its power. It is amazing when you name your fear how silly it seems!

And then deal with what it's trying to tell you.

That way you get the positive benefits and the lessons it tries to teach you, but you fear no longer stops you.

**Fear hates Fame, so bring it into the open and name it.**

**And finally...**

# Fear and Love

## Fear of losing someone we love

Everyone has a fear of losing someone that's near and dear to them, losing a loved one.

That's normal and part of consequence of loving someone and not related to any Energy.

**The solution**, could it be to never love anyone?

Or perhaps, **Love fully and unconditionally, every moment you can.**

Fully appreciating the people you love for everything they are, and everything they do. Live and love fully every moment you can, that's the only solution.

If you tackle the fears in your life then you're free to do this.

Our fears hold us back and stop us from having the space, time, money and energy to love others in this way. **So tackle your fears, live your life and leave your legacy.**

*“If you have knowledge, let others light their  
candles in it”*

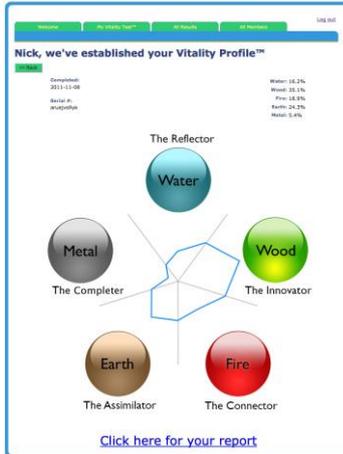
—Margaret Fuller

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Together we're stronger.**

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# The Vitality Test™

## Finding out your Five Energy Dynamic™ profile



If you don't know your Five Energy Dynamic™ profile find out for free in the link below by taking The Vitality Test™, it's our gift to you.

At the Five Institute we truly believe that if we can help everyone reach their potential, then collectively we can save the planet.

Fear for many of us is a fundamental block.

So tackle your fears, live your life and leave your legacy.

<https://www.fiveinstitute.com/take-the-vitality-test/>