

by Lyra Hill

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TIPS AND TRICKS  
FOR STANDING STRONG  
IN THE FACE OF  
THE UNFATHOMABLE

# DO NOT FEAR THE DARKNESS

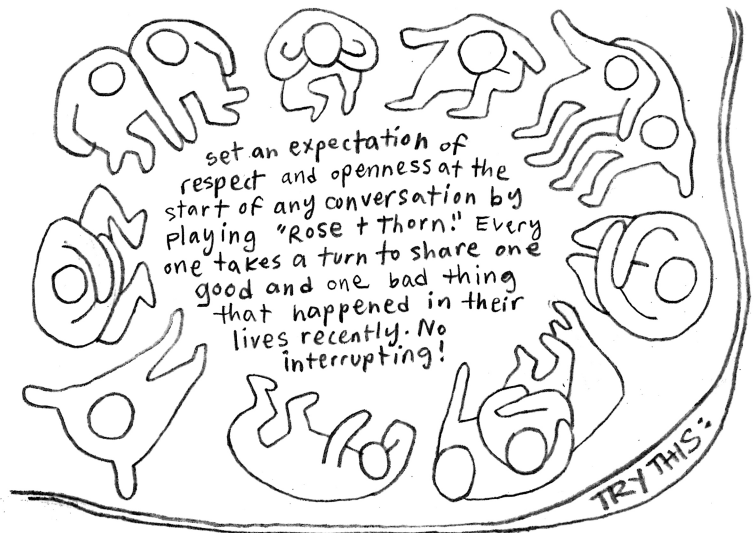
## INTRODUCTION

THIS BOOK EXISTS TO HELP YOU MANAGE ANGER, DESPAIR, AND OTHER OVERWHELMING FEELINGS. IT IS FULL OF IDEAS, SUGGESTIONS, DRAWINGS, AND SIMPLE, PRACTICAL EXERCISES. THIS BOOK WILL HELP YOU BUILD EMOTIONAL HEALTH AND MAINTAIN STRONG RELATIONSHIPS BY INCREASING YOUR ABILITY TO THINK, FEEL, AND MOVE FORWARD IN DIFFICULT SITUATIONS.

WE ARE EACH RESPONSIBLE FOR STRENGTHENING OURSELVES SO THAT WE CAN SUPPORT ONE ANOTHER. THE BETTER WE CARE FOR OUR OWN HEARTS AND MINDS, THE LESS WORK IT TAKES FROM OUR LOVED ONES TO SUPPORT US, AND THE MORE ENERGY THEY HAVE TO STRENGTHEN THEMSELVES. LEARNING HOW CAN BE SLOW. ALL EFFORT IS WORTH IT. TAKE YOUR TIME, BUT DON'T GIVE UP.

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## GATHER TOGETHER

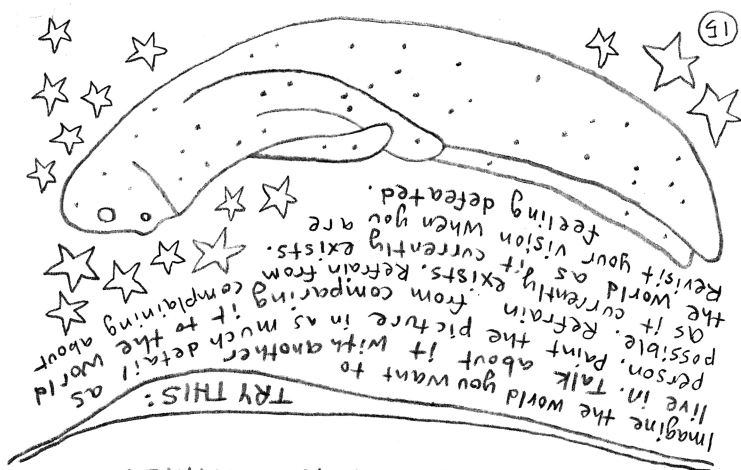


INVITE FRIENDS AND STRANGERS TO MEET UP TO WORK, ORGANIZE, HEAL, CELEBRATE, MOVRN, OR RELAX.

MANY PEOPLE LONG FOR COMPANY BUT DON'T KNOW HOW, OR ARE TOO NERVOUS, TO FIND IT. BE SOMEONE WHO SETS DATES, SPREADS THE WORD, AND

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SHOWS UP.



WE CAN FACE REALITY WITHOUT FEAR, BUT TO PROTECT MY COMMUNITIES, TO PROTECT MYSELF AGAINST DESPAIR, POSSIBILITY OF GOODNESS NOT ONLY PLACES. I CHOOSE TO TRUST IN THE WHEN LOVE IS FOCUSED IN THE RIGHT ATTITUDES AND POSTURES CHANGE I BELIEVE IN PEOPLE. I HAVE SEEN EXPERIENCES.

HELLO! MY NAME IS LYRA AND I AM AN ARTIST, EDUCATOR, AND PRIESTESS. I HOST EVENTS AND RITUALS, AND TEACH IN SCHOOLS, MUSEUMS, AND COMMUNITY SPACES. IN MY WORK I GUIDE PEOPLE THROUGH EMOTIONAL AND OFTEN TRANSFORMATIVE EXPERIENCES.

## ABOUT THE AUTHOR

## IMAGINE THE FUTURE

TO CHANGE THE WORLD, WE MUST HAVE A BETTER ONE IN MIND. GOALS ARE FANTASIES SET IN THE REAL WORLD. ALLOW YOURSELF TO DREAM OF A BRIGHTER FUTURE. MAKE THAT DREAM INTO A LIGHT YOU CAN TURN ON WHENEVER YOU NEED IT.

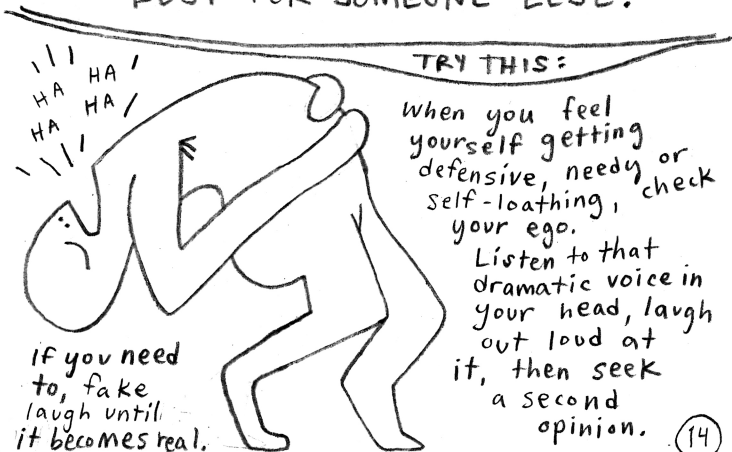
DO NOT LET THE DISTANCE OF THE LIGHT DISCOURAGE YOU. INDULGE IN HOPEFULNESS AND TAKE THINGS ONE STEP AT A TIME.

## GET OVER YOURSELF

EVERY INDIVIDUAL IS LIMITED BY THEIR PERSPECTIVE AND EXPERIENCE. NO ONE PERSON CAN KNOW EVERYTHING. SEEK OUT, ABSORB, AND LEARN FROM THE STORIES AND VALUES OF THOSE WHO ARE DIFFERENT FROM YOU.

ASK QUESTIONS AND PUT YOURSELF IN NEW SITUATIONS. CHALLENGE YOURSELF TO WITHHOLD JUDGEMENT.

NEVER ASSUME YOU KNOW WHAT IS BEST FOR SOMEONE ELSE.



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- ⑮ IMAGINE THE FUTURE

⑤ IT IS TRULY INCREDIBLE TO BE ALIVE.

OUR WORLD IS FULL OF PAIN. THE FUTURE IS UNCERTAIN. WE CAN'T IGNORE THE SUFFERING AROUND AND WITHIN US. BUT WE CAN ADJUST TO THE DARKNESS, AND LEARN TO SEE LIGHT. WONDER IS EVERYWHERE.

FEAR CAN MAKE US FEEL POWERLESS. THIS BOOK IS HERE TO REMIND YOU THAT YOU HAVE POWER. YOU ARE USING IT RIGHT NOW TO READ THESE WORDS. EVEN THE SMALLEST ACTIONS HOLD POTENTIAL FOR CHANGE, LIKE PICKING UP THIS BOOK, OR GIVING IT TO SOMEONE ELSE.

WE ARE TOLD TO FEAR WHAT IS INSIDE OF OURSELVES AND WHAT IS OUTSIDE — OTHER PEOPLE, DIFFERENT FROM US. IF WE DO NOT STOP, LOOK AT THESE FEARS AND EXAMINE THEM, WE WILL BE RUNNING FOREVER UNTIL THERE IS NO PLACE LEFT TO GO.

FEAR IS USED AGAINST PEOPLE TO WEAKEN THE BONDS BETWEEN THEM. WE ARE TOLD TO FEAR WHAT IS INSIDE OF OURSELVES AND WHAT IS OUTSIDE — OTHER PEOPLE, DIFFERENT FROM US. IF WE DO NOT STOP, LOOK AT THESE FEARS AND EXAMINE THEM, WE WILL BE RUNNING FOREVER UNTIL THERE IS NO PLACE LEFT TO GO.

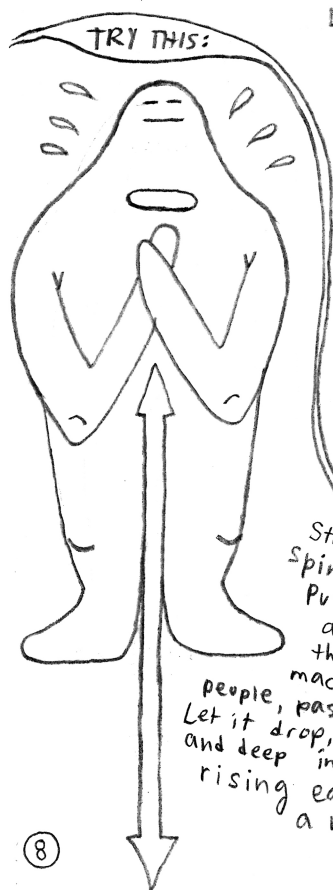


## SEE AND BE SEEN

PEOPLE NEED EACH OTHER, AND PEOPLE NEED TO BE NEEDED. DEMONSTRATE HONESTY, VULNERABILITY, AND ASKING FOR WHAT YOU NEED. SHOW YOUR SPIRIT AND OTHERS WILL SHOW YOU THEIRS.

LOOK PEOPLE IN THE EYES AND LISTEN DEEPLY TO SHOW THAT YOU CARE. KEEP IN TOUCH, BECAUSE THE OLDEST FRIENDSHIPS OFFER THE RICHEST PERSPECTIVES.

## GIVE YOURSELF LOVE



LOVE IS ENERGY WE NEED TO OPERATE AND A RESOURCE ALL HUMANS CAN ACCESS WITH THE RIGHT TRAINING.

REPLENISH YOUR OWN LOVE SUPPLY SO YOU CAN PROVIDE FOR OTHERS: PRACTICE AFFIRMATIONS, AND FORGIVE YOURSELF WHEN YOU FEEL DISAPPOINTMENT OR SHAME.

Stand tall, feet apart, straight spine. Breathe slowly + deeply. Put your hands on your heart and close your eyes. Imagine there is a rock near your heart made of all the distractions, plans, people, past and future on your mind. Let it drop, through your body, the floor, and deep into the earth. Feel water rising easily up the tunnel, like a well, filling your heart and overflowing.

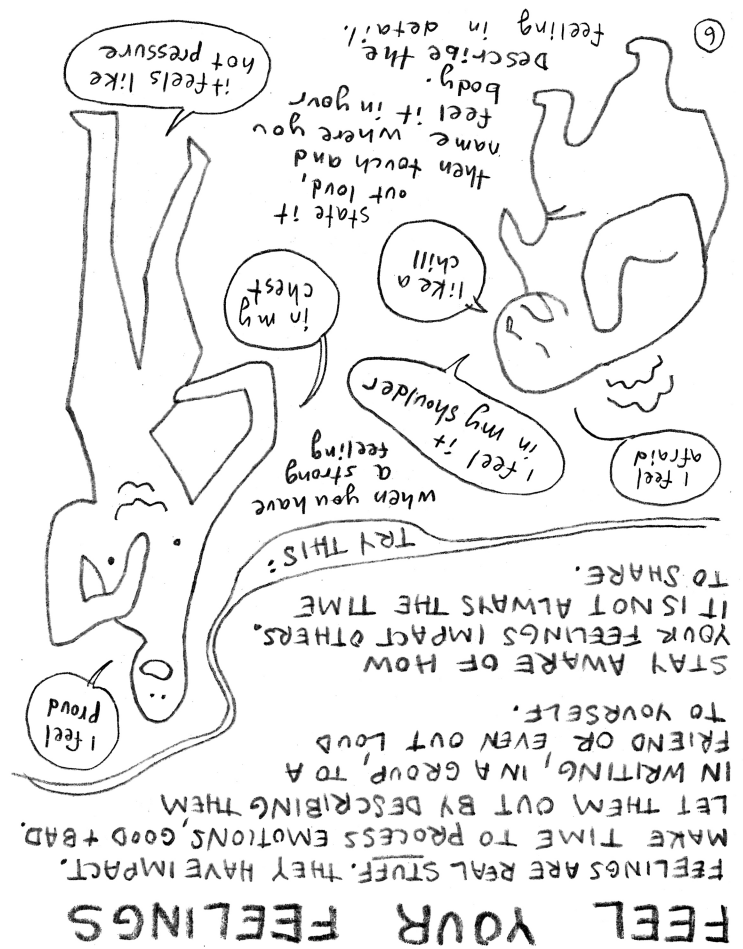
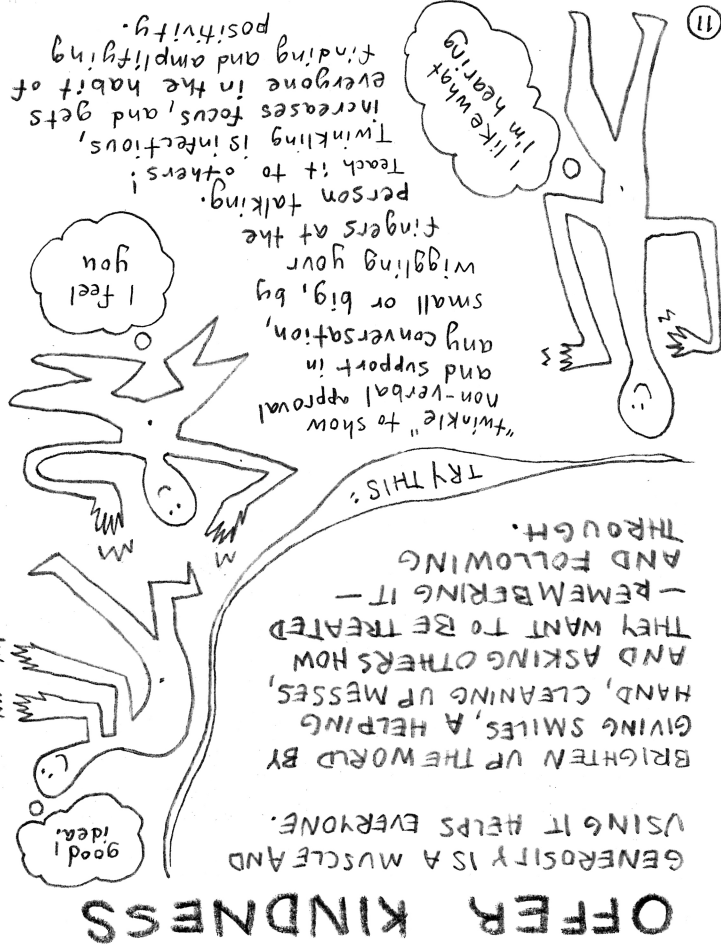
## ADMIT MISTAKES

EVERYONE MAKES MISTAKES AND IT'S OK! MISTAKES MEAN PROGRESS — IF YOU LEARN FROM THEM AND MOVE ON.

ADMITTING YOUR MISTAKES SHOWS INTEGRITY AND STRENGTH.

ADMITTING YOUR MISTAKES BUILDS TRUST IN YOURSELF AND IN YOUR RELATIONSHIPS.

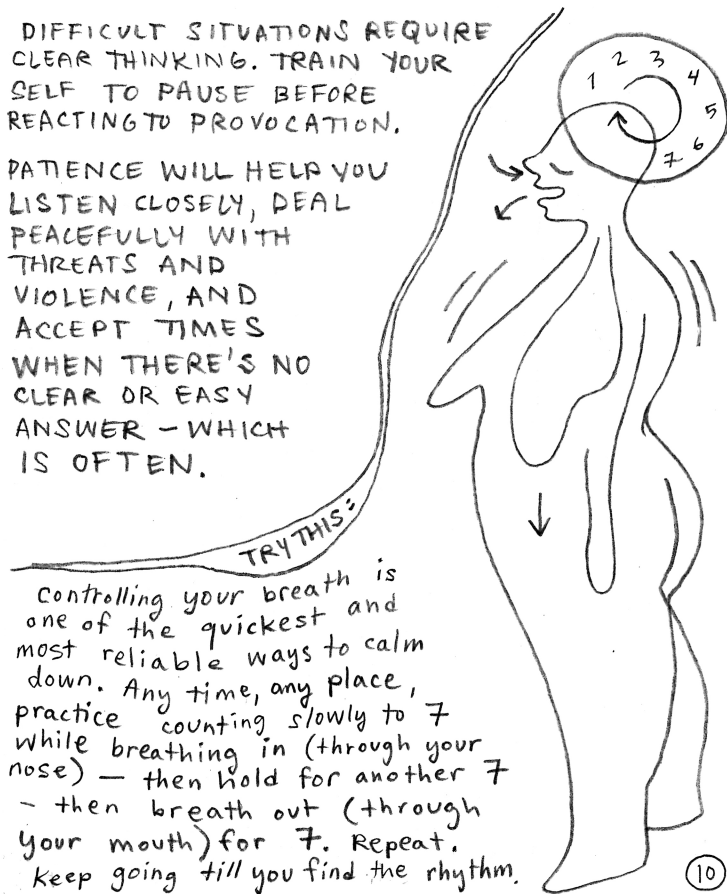




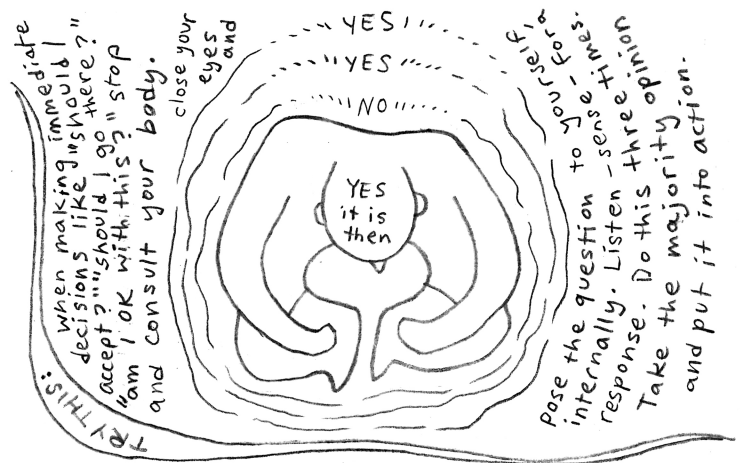
## PRACTICE PATIENCE

DIFFICULT SITUATIONS REQUIRE CLEAR THINKING. TRAIN YOURSELF TO PAUSE BEFORE REACTING TO PROVOCATION.

PATIENCE WILL HELP YOU LISTEN CLOSELY, DEAL PEACEFULLY WITH THREATS AND VIOLENCE, AND ACCEPT TIMES WHEN THERE'S NO CLEAR OR EASY ANSWER - WHICH IS OFTEN.



## CARE FOR YOUR BODY



YOUR BODY IS THE FOUNDATION FOR EVERY ACTION YOU TAKE. CARING FOR YOUR BODY WILL MAKE EVERY OTHER THING YOU DO EASIER.

MAKE TIME AND EFFORT TO EAT WELL, SLEEP WELL, EXERCISE, HYDRATE, AND HEAL. GO TO THE DOCTOR. SEE A DENTIST.

YOUR BODY IS ALWAYS COMMUNICATING WITH YOU. LISTEN WITH RESPECT. 7