



## Hold

**H**old onto My hand, I will never let you go.

Hold your complaining.

Focusing on fear, worry, or anxious thoughts  
will have a negative hold on you.

Instead, hold onto My promises:

I am not the author of confusion, but of peace.

I will never leave you or forsake you.

Nothing can separate My love from you.

These truths you can hold onto.



## Fear

**F**ear is an instinct that I gave to you. Fear is essential to help you avoid danger.

But, fear, if nurtured, like anything that you give attention to will grow. Like a garden overcome with weeds, fear can fill your mind, heart, and spirit choking the life out of you.

Sadly, My children fear Me and run *away* from Me instead of running *to* Me.

That's why, when I sent My angel messengers, they always announced their presence with these words: fear not.

I gave you an instinct *for* fear, but not a spirit *of* fear.

I love you with a divine, unconditional love. It is perfect.

Where there is perfect love, there can be no fear.

So, fear not.



## Quiet

**I**n quiet moments, you can create an oasis of peace.

Quiet your mind.

Quiet your heart.

Quiet your body by taking deep breaths, breathing in My presence to quiet your anxiety.

When you become quiet, you can hear My whispers of love, encouragement, and guidance.

This instills My quiet confidence within you to face each day.