

# Transcending

A<sub>1</sub>

N<sub>1</sub>

X<sub>8</sub>

I<sub>1</sub>

E<sub>1</sub>

T<sub>1</sub>

Y<sub>4</sub>

# Transcending Anxiety

## TRANSCENDING ANXIETY

Surpassing the limiting and debilitating disease of anxiety is a necessity for anyone who is interested in living a free life. Dis Ease means to not be at ease. Anytime anyone feels “ill at ease,” they are experiencing anxiety. It can be a feeling of worry or a strong wish to do something (compulsion) that gives extreme apprehension. It is expression coming from our nervous system that is connected to things that affected our nerves at any time in a hurtful way. Millions of people suffer anxiety-related disorders and are treated for it either directly or indirectly.

Stress is a form of anxiety because it preys on the mind and burdens our body with lots of strain. Over time, the stress and strain of worry and fear break the body down. Anxiety disorders lead the list of mental health problems from people seeking help. Statistics also show that the ones that do not seek help are coping with alcohol, drugs, sex and with numerous unhealthy methods. This is just the tip of the iceberg when it comes to talking about the effects of anxiety.

There are so many conditions we experience over the course of our childhood that become traps for pain. Pain energy gets trapped in the body and communicates fear to the brain. The brain files these memories in various storage vaults and serves them back to us in experiences that magnify and reflect them during times of survival or perceived threat. The problem is that the survivor brain works so well under the influence of fight, flight or freeze survival mechanisms that humans get conditioned to thinking under these influences and make up stories to tell themselves based on fear's messages (the illusions of being in danger becomes a



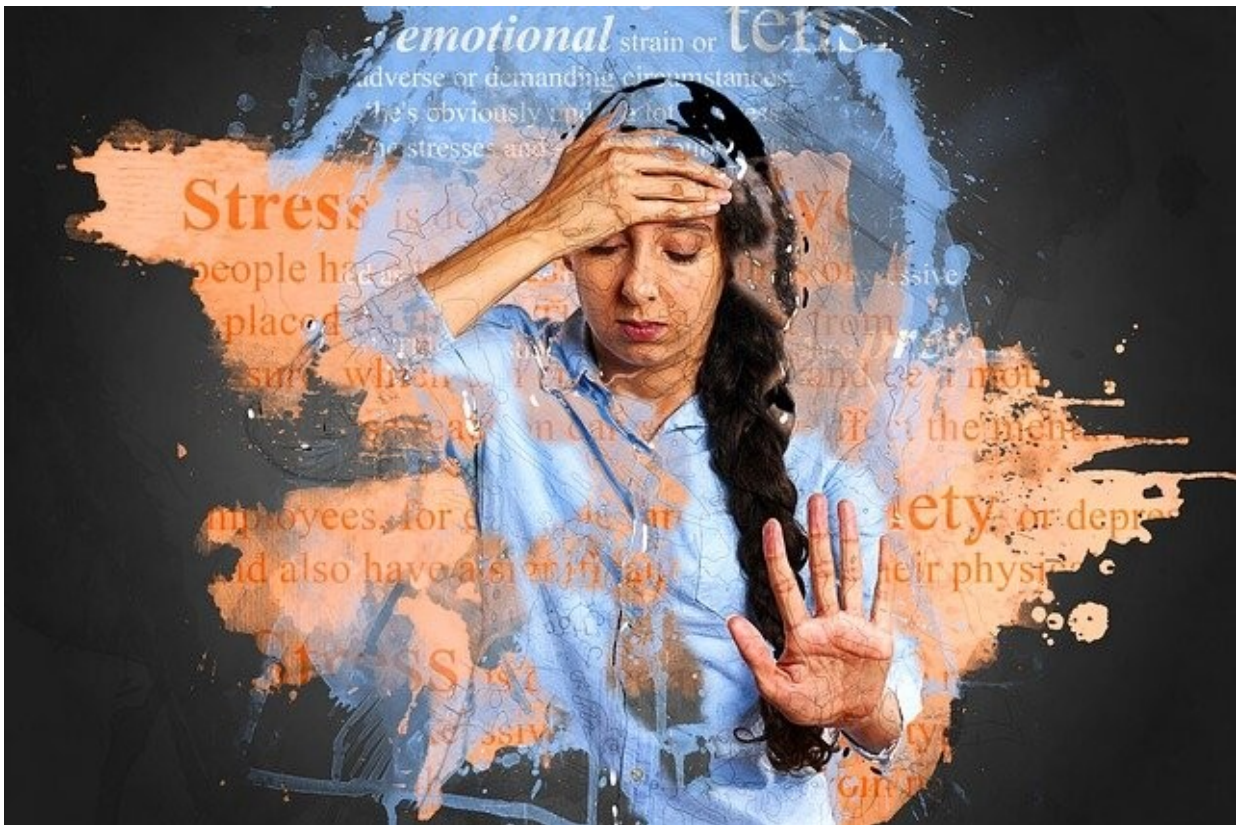
messenger that appears real). This is the set up for anxiety and is repeated over and over as the brain keeps looping through the circuitry of the story lines being told.

The STORY is just that: a narrative being told inside over and over until the noise is so unpleasant, humans start telling it differently depending on perception.

## Transcending Anxiety

Some human storytellers get stuck in a victim narrative and believe the story to be reality. Others override the victim voice and pretend everything is fine or project the storylines onto others. Most humans use a mixed narration depending on the situation and the people listening. There are so many variables to our human tales that it is hard to discern truth from lies—even to the one telling the story.

In addition, we have an inner observer who constantly perceives events in the way we remembered them or WANT to NOT remember. This is where anxiety comes in. The theater of the mind is vast and the story remains just a story unless the storyteller believes the entire myth of it. We all have our themes and dramas we keep telling, and we are truly entangled with the belief they are real even though they are simply memories being projected through fear lenses over and over. Still, they seem so real.



Anxiety is the feeling we all have under the influence of false beliefs. The cure for anxiety then is to rid ourselves of those false beliefs that no longer serve us, right? So, how do we do that?

## Transcending Anxiety

Begin with asking yourself what is your reality and your inner truth? Also, ask what is this based on. The main thing is to notice what you believe and to watch your thoughts and the beliefs behind them. Practice avoiding taking responsibility for getting free from lies you may be believing that are keeping you feeling stuck. Check in with yourself to listen to inner noise and see if it is filled with stories of: **Shame, Self-Blame and projecting blame onto others (both overtly and covertly), Guilt, Feelings of Taking on too much Responsibility or Being Busy all the time, Feelings of not good enough or “better than” others, Aggression, Passive-Aggressive behaviors, Hiding from Love, and a host of other behaviors that arise from inner voices of fear.**



It is important to think of the word FEAR as false evidence appearing real based on knowledge and information rather than merely an emotion. Our thoughts come from knowledge and experience working together to form emotions and feeling patterns stored in the brain. For example, people who have experienced a lot of childhood

shame (critical parent or any forms of abuse) have had their confidence terribly undermined. The inner program of voices will resound a cacophony of “never enough.” This sets up default settings that program behavior through that faulty lens of lack and limit.

Once we assess a situation and feel helpless or hopeless to deal with it, excessive anxiety patterns will set in so that emotional responses (reactions) will be expressed under the influence of not enough. DUI of not enough is a toxic state of being driven by self-rejection and fear of abandonment which is a very weakened or disempowering state (victim to constant voices of fear intimidation resounding throughout the mind). This sound vibrates constantly and shakes the nerves of the person experiencing it even when they are unconscious to the incessant chatter. ***The program is now running to make that person ‘think’ from a being victimized by its own judgment.***

## Transcending Anxiety

Stimuli that constantly reinforce fear of rejection or provoke fear make us hide our true self and create a mask or persona adaptations to live out of. All humans behave this way and this is the root of the branches on the tree of anxiety. WE are not living from a true picture of our higher self. There are flaws and all sorts of insecurities attacking us constantly accusing us of not being good enough.



**Take a look at the impact of anxiety ....**

**Anxiety** disorders are among the most common mental illness issues in the U.S., affecting millions of adults in the United States as well as many children. **Anxiety** disorders are highly treatable suffering receive, yet fewer than half receive treatment or are treated with a pill or other medication.

People with an anxiety disorder are three to five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.



# Transcending Anxiety

In addition, the following are also directly linked to anxiety disorders:

- [Bipolar disorder](#)
- [Eating disorders](#)
- [Headaches](#)
- [Irritable bowel syndrome \(IBS\)](#)
- [Sleep disorders](#)
- [Substance abuse](#)
- [Adult ADHD \(attention deficit/hyperactive disorder\)](#)
- [BDD \(body dysmorphic disorder\)](#)
- [Chronic pain](#)
- [Fibromyalgia](#)
- [Stress](#)

## **THEATER OF THE MIND filled with ANXIETY:**

Each and every human has inner anxiety that is personal and gives them angst. The level at which anxiety bothers or troubles that person is also personally individualized. Some humans are good actors and can mask their phobic reactions well. None of that matters in the context of this message. All that matters is that I show you how anxiety is a set up to trap all of us to be victims living under its influence. Under the influence of anxiety, we live lives that stress us and literally kill us from living our best life! It is also connected to depression.

Anxiety carries dis-ease. The disease is subliminal messages that limit knowing the truth of who we are and all that we have to use to give us a wonderful life. Living with anxiety gives us a low life and carries downward spirals of depression as its partner (repressed feelings). Knowing this, wouldn't you want to get rid of a disease that is a cancer to your entire being? Most of you reading this can relate to the mindset of anxiety and now it stresses the physical body and exhausts it. Imagine how all of this weighs down the human spirit and keeps it tied to lower thoughts blocking the Highest Power within.

# Transcending Anxiety

## Try this:

Loud Noise Exercise: someone or something suddenly triggers you by just coming into the room—how do you react?

Follow up: What was your first thought?

Discuss what first thoughts and reactions are AND where they come from and how different we all form our perceptions based on our past.

Imagine: You knew a new way to Be living that would stay relaxed and calm within no matter what the situation or circumstances going on around you were. Suppose you could live free from anxiety. How would that change your life?

## Final Promises

There is such a way to get your STEPS in balance (link to article on STEPS <http://www.divinepowerlines.com/spiritual> ). There is a way to be healed from PTSD and to live above all 'frays' that scare, separate you and steal your peace. There is a way to live free of the illusion of fear, shame and the old programs.



I challenge you to wake up to your true self and come back to bond with the innocence within as you become aware of your truly amazing self. Through the lens of awareness, new thought systems form as you bond with the highest spiritual inner voice that speaks truth into your reality. The truth will set you free to rise above and go beyond

living in fear, anxiety, depressive thoughts attached to feelings of not enough from the old inner critic tapes that used to be in charge.

## Transcending Anxiety

Do the inner work and get free and you will be able to keep shifting and accelerating your rise to higher and higher aspects of your true self. This will lead you to integrate and actually live from the Present and keep broadcasting dreams and desires onto the future from every now moment each day as you gain more awareness of your identity. This gives a huge momentum and burst of energy as you are no longer carrying the heaviness of the past. You feel light and you know you are the **LIGHT!**

Once you begin to ascend in these ways, the light gets brighter and illuminates your inner being in all the ways bright means—wise, sharp, in the light, etc. Your shadows keep being taken up into enlightenment and the Presence of Divine Love that is unconditionally guiding you from the Spirit of God. You are one with all that power and light as your Source of Being. You feel whole and at oneness with God, self and others. For those not choosing to live at this level yet, you have compassion and no judgment. You keep in your lane and stay free of slinging mud or shade over anyone else as you realize you have the power to take authority over how you perceive everything.

To the degree that you perceive things through the highest self that you now imagine from, your power increases as you are operating from higher realms of heaven while still anchored here on earth, but both are in sync. You make choices from the simultaneous simulcasts you hear from your Sovereignty within.





# Transcending Anxiety

Blessings, Susan Frink Anderson

[divinepowerlines@gmail.com](mailto:divinepowerlines@gmail.com)

[www.divinepowerlines.com](http://www.divinepowerlines.com)

BOOKS:

"Murture" ... [www.holygramspirit.com/books](http://www.holygramspirit.com/books)

"Divine Power Lines"... [www.divinepowerlines.com/new-book](http://www.divinepowerlines.com/new-book)

For more information on Anxiety and stress... view this video



Susan Frink Anderson