

Rid Yourself of Anxiety By Nurturing Your Spirit

Anxiety is an intense, excessive and persistent worry and fear about everyday situations that often interferes with daily activities. What this means is that when we are experiencing feelings of anxiety, we are focusing on either the past or the future, rather than living in the present moment.

The trouble with this is that the past is gone, and the events of the future have not yet occurred. In fact, the events we are anticipating may never happen. What this means in less scientific terms, is that we have lost our connection to our spirit.

By nurturing your spirit to live in the present moment, it is possible to rid yourself of anxiety.

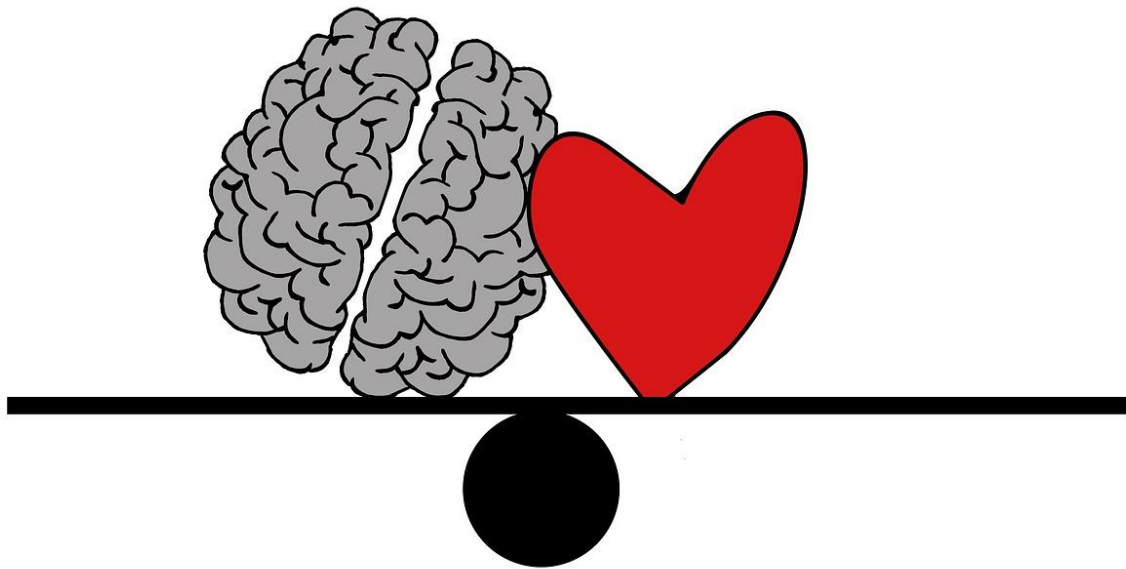


Living Present with Spiritual Presence trains your mind to focus on RIGHT NOW is all that is real.

Knowing that you are fully on target and safe in the highest aspect of your present self is nurturing the highest aspect of you. There will be a need to connect with parts of you that are leftovers from past traumatic events that will need to integrate. However, before that integration can be experienced, you need to have a Superior Aspect of your true self that is in the Leadership Role. Our highest aspect at any given time is our true self that we must get to know and trust as it is directly connected to the Source of the Entire Spirit Realm. Since the Source is the Creator of all that we see existing in nature, a wonderful way to nurture your spirit is to spend time in nature. Lao Tzo, the Chinese philosopher and founder of Taoism, said that “nature does not hurry, yet everything is accomplished.”

While this quote encourages us to slow down and live a more purposeful life, it also reminds us of the beauty in nature. When we take the time to appreciate the beauty in our lives, we are practicing patience and gratitude which both crowd out the thinking that creates anxiety. Watching and listening to the sounds of nature, the buzz of insects, the rising or setting of the sun, can do wonders for your spirit much like listening to classical music or calming sounds of a

loving voice. Our nervous system (which our brain is in charge of) needs to hear those sounds. Our brain needs to be quieted with all the comfort of heartfelt soothing images and sounds in order for it to remain in balance and experience the harmonious integration of connection.



Meditation is one of the most prominent methods of calming the mind and getting in touch with our spirit. When we allow ourselves to go inward, we redirect focus from the external things we cannot control. Instead, we are guided to the present moment only, and allow our thoughts to float through our mind, giving them acknowledgement, and then letting them go.

With regular practice, we can learn to release the anxiety associated with many thoughts' patterns, since we are not attempting to rid ourselves of these thoughts (which will likely only make them more persistent). Instead, we are able to allow them to exist, without reacting. Meditation also teaches us how to be still and practice breathing techniques that we can access when anxiety does strike. We call this remaining in the flow at all times no matter what is appearing in the external world. We stay in focus with our inner calm vs. reacting to the outer chaos of the world and its busyness or distracted ways. Inner peace is always available.

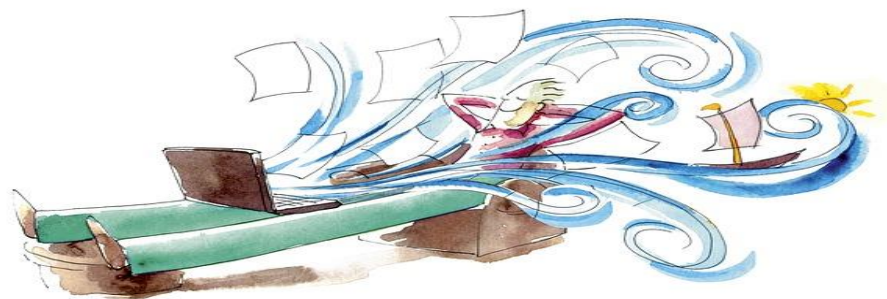


Journaling is an incredibly valuable tool in pouring out your soul and analyzing your thoughts and feelings and learning to understand the underlying issues that may be causing you anxiety.

You can delve into past scenarios that caused you concern and what those fears were, and then review that actual outcome of events and your feelings about that experience.



Keeping a dream journal is another way to nurture your spirit and calm a worried mind. When we dream, our subconscious mind is processing the day's events and our thoughts. You can learn to understand your thoughts by taking a close look at your conscious and unconscious mind to find common themes that you can actively work through.



There is no doubt that strong community ties and relationships nurture our spirits. Having someone that you can depend on who will provide a non-judgmental, empathetic ear and solid advice is priceless. This is often an important part of professional therapy or counseling.

The ability to reciprocate that empathy when they call on you will also do wonders for you in knowing that you are not alone, and a part of something greater. When you do find yourself in situations that provoke anxiety, you will rest easier knowing that you have someone by your side.



Practicing mindfulness that brings in any forms of spiritual fruit such as compassionate love, faith, gentle goodness, kindness and all self-control guided by higher Divine Power lines is going to keep you rising above depending on outer circumstances to change before you can have peace in your soul. Living in the space between reaction and higher conscious living depends on having integrated the shadows of a painful experience or event so you do not keep getting triggered by the memory of that event. The memory and its associated feelings must be in harmony with the now so your future can advance and you can keep rising above those pains.

For example, letting your spirit feel patience and self-control gives spiritual empowerment to us. Patience grants us the space between experience and reaction, allowing us a moment to process our feelings and then decide thoughtfully how to act, rather than impulsively, and possibly with regret. Patience frees us from anxiety by encouraging us to live in the present moment and not in the past or future. Seeking that inner fruit allows us to remain in the flow and on the path to higher purpose and enjoyment of our wishes fulfilled by the Divine in us.

Anxiety is an all too common mental health concern, exacerbated by our fast-paced lives. We forget sometimes that our bodies and minds will always let us know when things within us are out of balance. It is when we look inward and take purposeful action to nurture our spirits that we will be better equipped to maintain harmony within ourselves. Living life from this Point of View transcends old mindsets and mind-settings so we can create from fresh material not the toxic or raw materials of the past that repeat suffering from old wounds.

Know and trust you have the Power within you that Loves you unconditionally and will rebirth those connections to be made new and fresh every day. Life in peace and harmony with your true self puts you at ease in all relationships and moves you to live from your dreams and desires that gives you the most joy.