

ANOTHER VIEW OF ANXIETY

Anxiety can feel like the proverbial ax hanging over your head, always waiting for “it” to fall. It may seem not to have a cause or source yet it casts a foreboding shadow over anything you think or plan to do.

Sometimes anxiety arrives in anticipation of, or after, great change or following trauma. It is an unwanted guest who limits your choices and life through fear. As a result, you find yourself saying, “I can’t”, far too often and feeling trapped by “what if”.

Though thousands of people suffer from anxiety, it is a lonely feeling. Millions of dollars are spent each year on prescriptions with the hope of relief which may or may not come.

Now, instead of seeing anxiety as your perpetual tormentor or your disease (although one senses profound dis-ease), suppose you view anxiety as a powerful message. That message is not a warning but a call to express your stifled ideas or emotions. With anxiety, you have misconstrued an invitation to be your authentic self as something dangerous. Instead of being who you are meant to be, you respond by pushing away opportunity, withdrawing and living a joyless existence.

The good news is that once you recognize your anxious response as a misread message, you can choose to respond differently. New solutions can be found and fear no longer needs to be a companion.

Energy psychology and Mind/Body Therapies offer other ways to respond and help you to “hear” your Mind/Body’s real message, leading you to the life path you were meant to follow - expansive, joyful and satisfying. Be introduced to the Authentic Self that was calling to you all this time!