Understanding and Dealing with Anxiety

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THANK YOU !

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Question…

- How many people believe that we have a Higher Power that transcends thought, in other words, something deeper than our thinking mind?

As we begin…keep this parable in mind:

- The Beggar and the Box.

YOU are the TREASURE that lies beneath

thought forms and mental noise.

Beginning at the End…looking without thinking. Can you “feel” yourself as the clear space of awareness?

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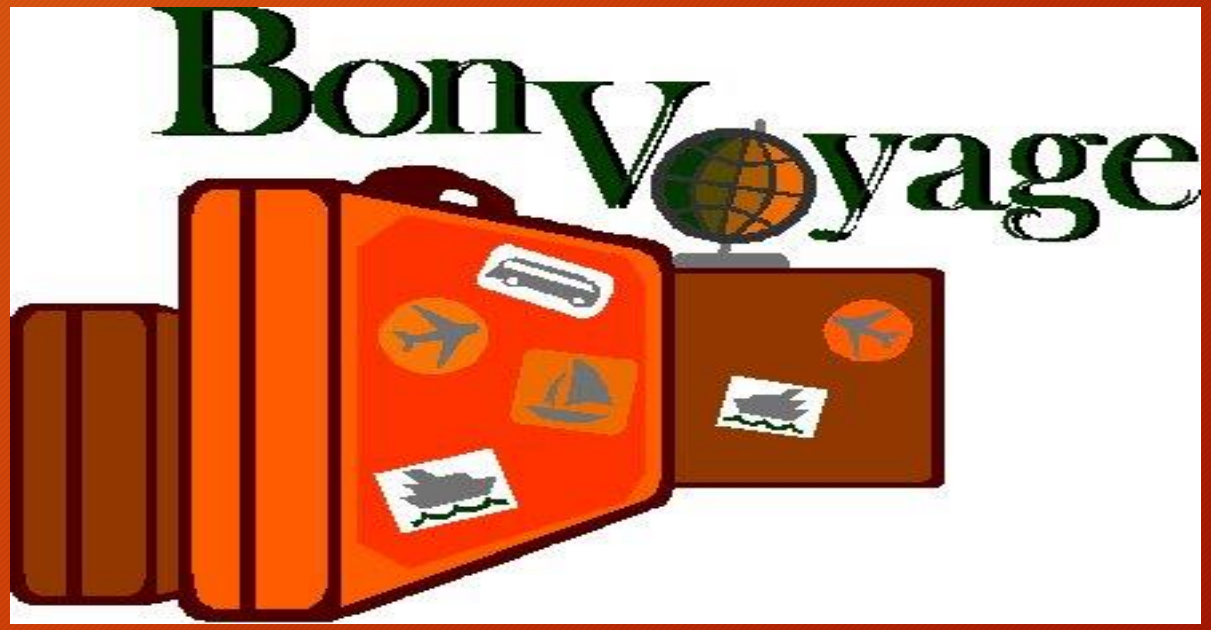
Beginning at the End

- A quote from Eckhart Tolle…
- “ You are the Sky, the clear space of Awareness.
  The clouds are what happens,
  what comes and goes.”

The intention of this experience together…

- Yes, we will learn about anxiety, but I'm hoping to serve as a travel agent and point you toward a journey without distance.



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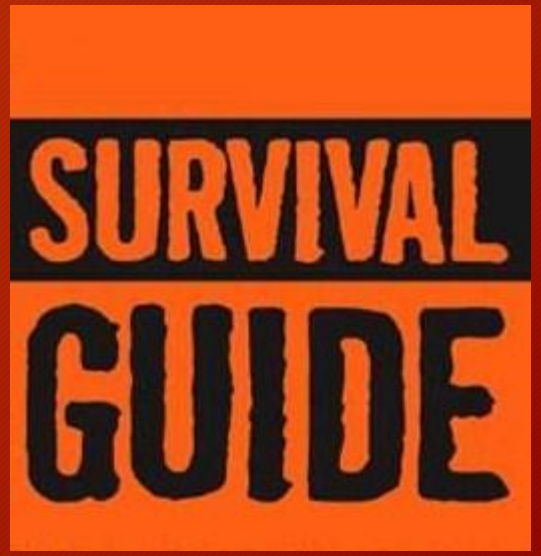
Negative emotions serve a purpose…

- Anxiety
- Anger
- Depression

Negative emotions are always about survival. Surviving life is different than living life.



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Normal anxiety and anxiety disorders…

- Experiencing occasional anxiety is a normal part of life. When you are anxious, you have slipped into an anxious mind-stream of thinking.

  Seeing that separates you from thinking and the anxiety begins to dissolve.

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Anxiety Disorders…

- Anxiety disorders involve intense, persistent and excessive worry where one avoids life situations and people. The anxiety has become a filter through which the person sees the world.

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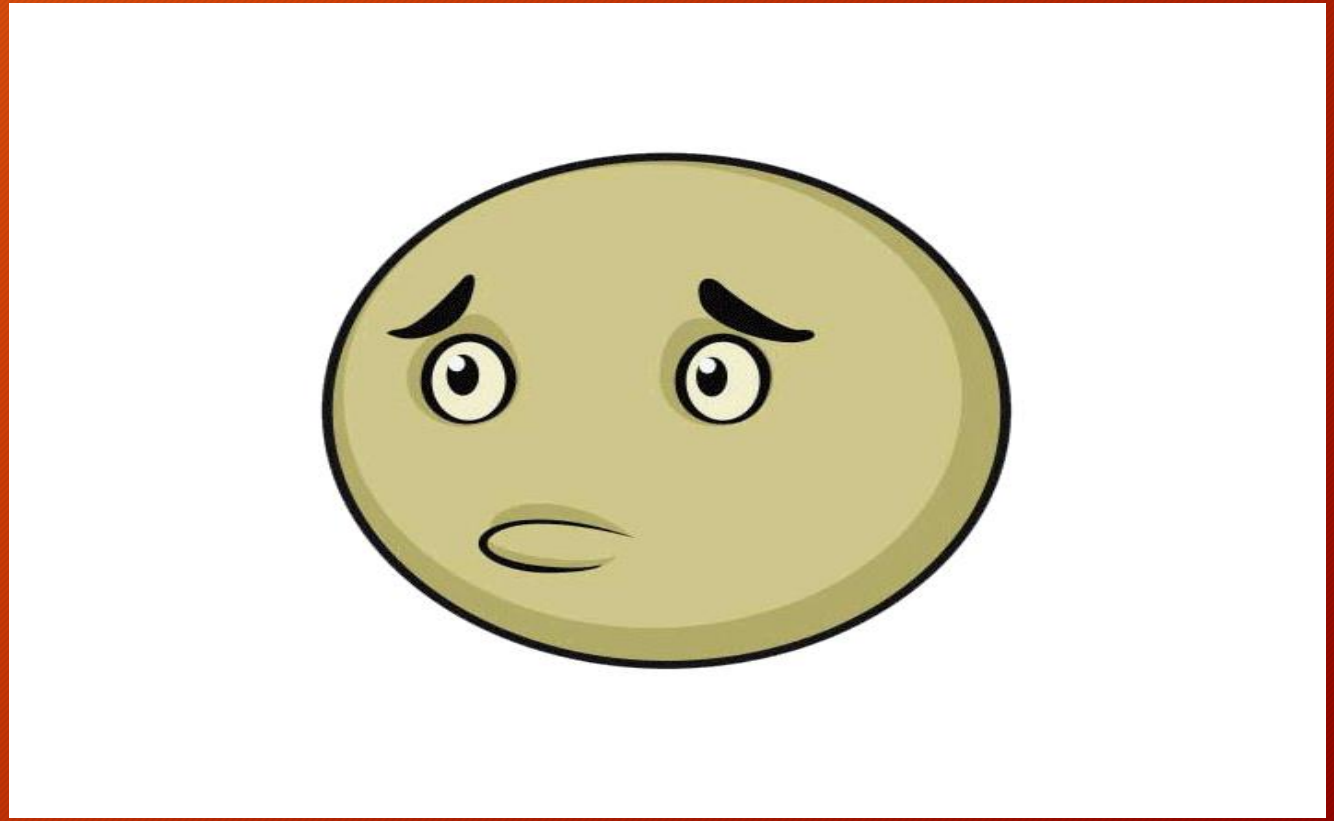
Common symptoms of anxiety…

- Nervous, restless, tense
- Breathing rapidly
- Sense of impending risk/danger
- Insomnia
- Trembling
- Sweating
- Avoidance
- Worry



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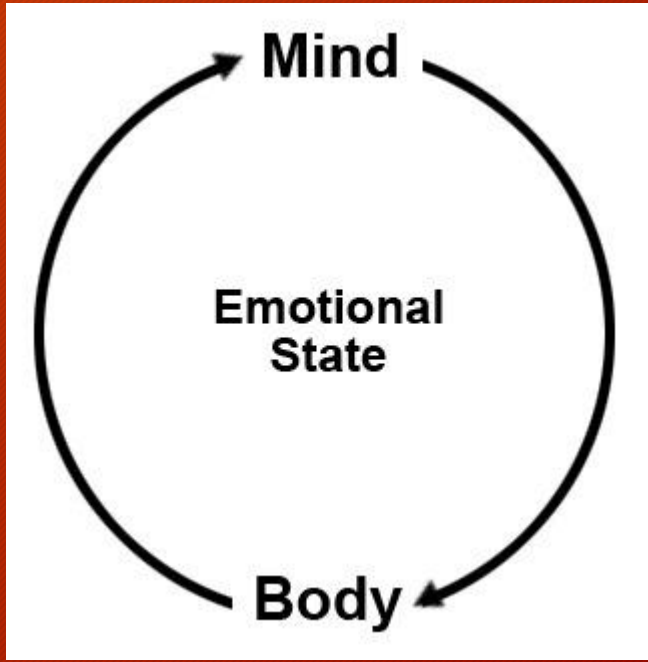
Common symptoms of anxiety…

In other words, the body is manifesting thought!



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Types of anxiety disorders…

- GAD
- Phobias
- Panic
- Social
- Separation
- Trauma

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Sources of anxiety…

- Medical
- Trauma
- Stress
- Personalities (Control/Perfectionist)
- Physiological/Genetic
- Drugs/Alcohol
- Having a “mind-identity”

Post Traumatic Stress Disorder…

- The brain makes a “file” in the form of a memory when exposed to a traumatic event.
- When triggered, the prefrontal cortex goes “off-line” and the limbic system is activated.
- The limbic system is all about survival (fight or flight) and the prefrontal cortex is our reasoning/processing center.
- PTSD is the activation of memory.

Treatment for anxiety…

- Counseling
- Medication
- Exercise
- Meditation/Yoga
- Stress reduction
- Knowing who you are.

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The “ABCs” of anxiety management…

- A = Activating Event
- B = Belief about “A”
- C = Consequence (Feeling and Behavior)

- “A” does not cause “C”
- “B” causes “C”

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The beginning of “awakening”

- YOU ARE THE “WATCHER”, NOT THE ‘THINKER’.

- Create a “gap” and “watch” what you are telling yourself about the event, situation, person or “problem.
- Every “gap” in the incessant mind-stream of thought, allows the “Light” of your deeper “Presence” to shine through. (Eckhart Tolle)

An important pointer…

- NOTHING HAS MEANING EXCEPT THE MEANING WE GIVE IT.

A lesson from St. Paul for healing anxiety and trauma…

"Everything is shown up by being exposed to the light, and whatever is exposed to the light itself becomes light."

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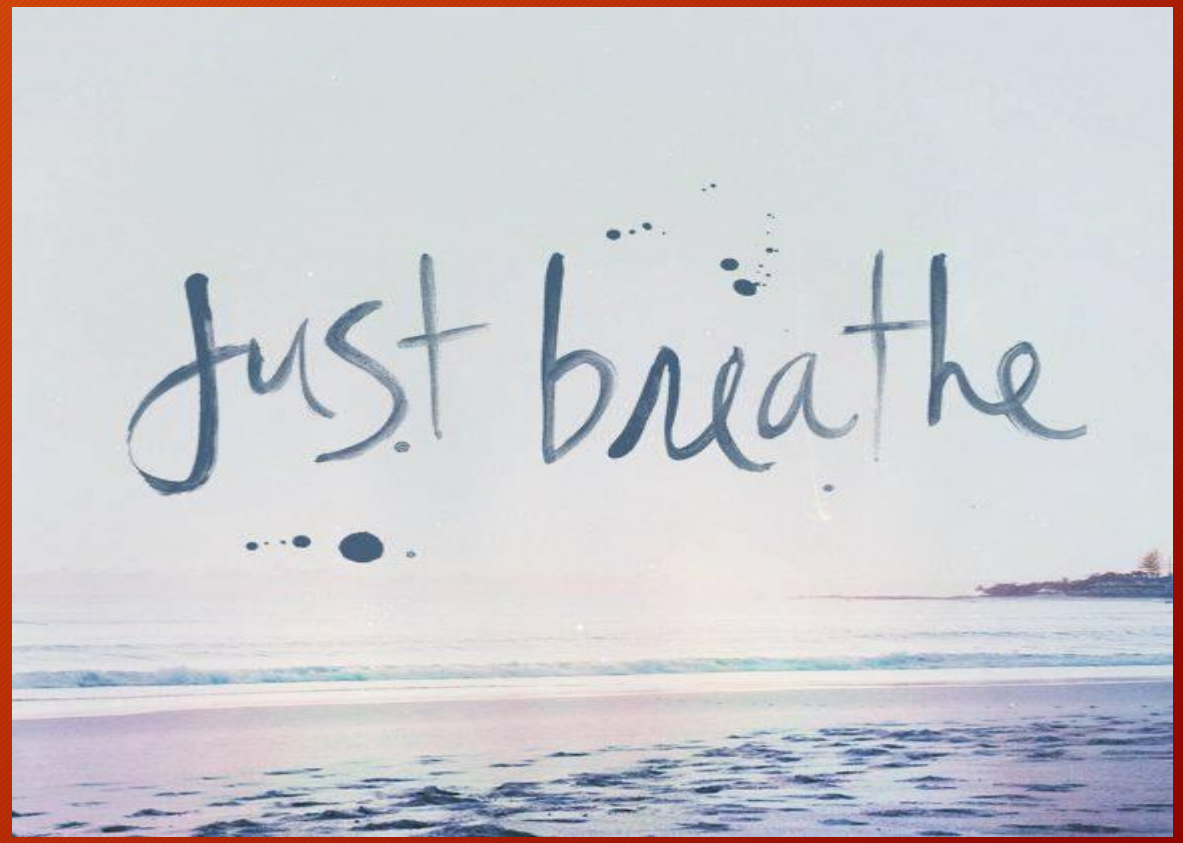
Help from Herbert Benson…

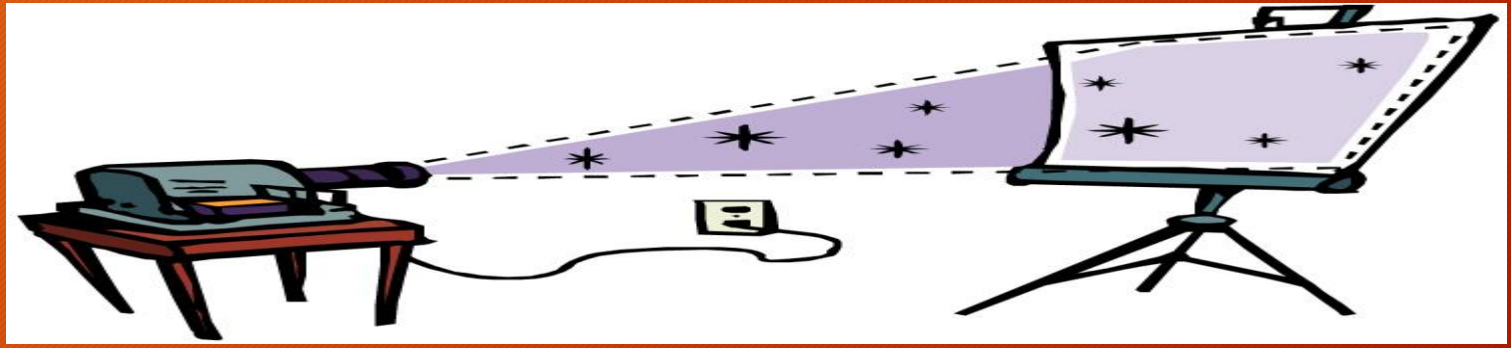
- STOP (Create a space for what is)
- BREATHE (DPA)
- WATCH (What am I telling myself)
- CHOOSE

- Accepting the form of the present moment is surrendering. Surrendering is aligning yourself with life here/now.
- The English word “spirit” comes from the Latin spiritus meaning “breath”.



The deeply conditioned mind…

- Thoughts become stories and the
  stories become filters through which we “see” the world.
  When you start to see these stories, you start to awaken.



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The end of compulsive thinking…

- When you “see” the stories you tell yourself about life’s situations, you separate yourself from thought forms and become the “Watcher”, or the deeper Presence underlying thought.

  * Lesson 1 in “A Course in Miracles”.

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Anxiety and “mental clutter”…

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Anxiety and “mental clutter”…where is the space?

Recovery from Discovery: You as Stillness and Space

- "I have told you these things, so that in me you may have peace. In the world you will have trouble. But take heart! I have overcome the world."

John 16:33

You as Stillness and Space…

- Jesus said, “My kingdom is not of this world…but now my kingdom is from another place.”

John 18:36

Lessons from the Gospel…

- There are many stories in Scripture of Jesus going out into the desert to find stillness and space.

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Recovery from Discovery: “Losing” Your Mind

- 3 excerpts from the forthcoming book: “Unhappy? Lose Your Mind” (by Rob Robinson)

1. The greatest joy in life is the freedom found from “losing” your mind-identity and discovering you are the deeper Presence underlying thought.

(The story of the golfer and stillness.

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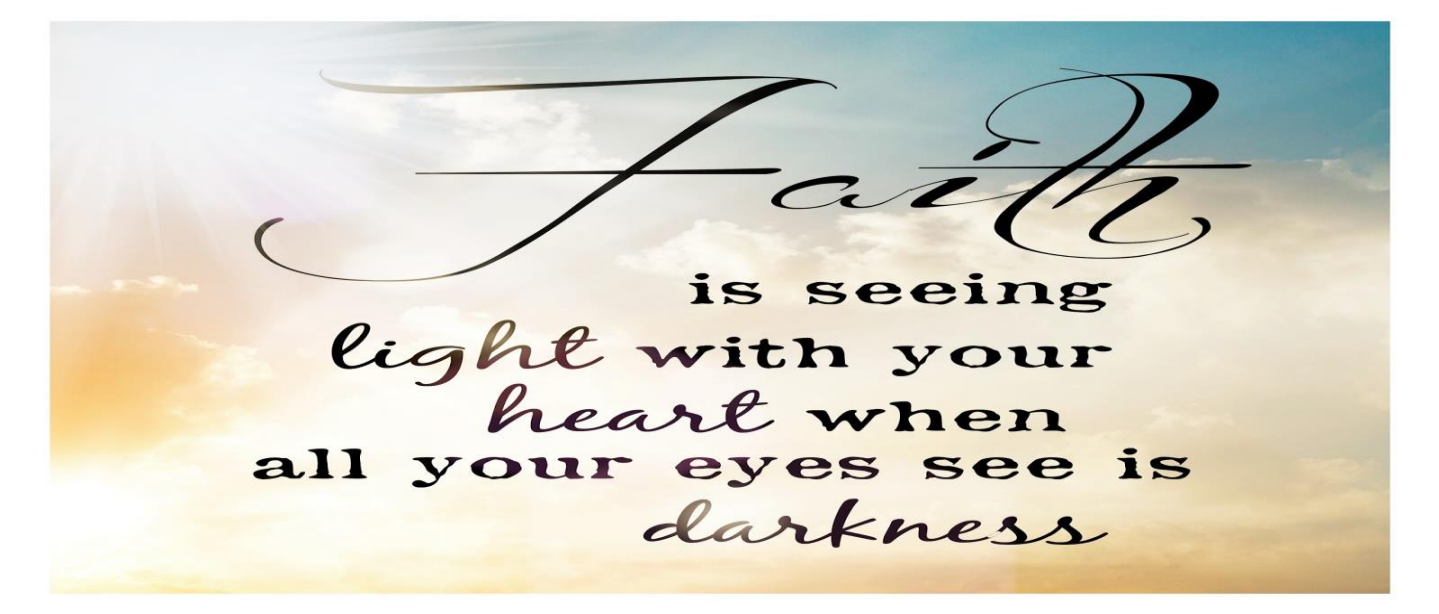
Recovery from Discovery: “Losing” Your Mind

- Excerpt # 2:

* Your mind and body will manifest that which you see.



Recovery from Discovery: Losing Your Mind…

Worry ends where faith begins! Confidence is the absence of fear. The spiritual word for confidence is “faith”. Faith is trust. The path to faith is knowing yourself as the deeper Presence underlying thought. That Presence or God is with you wherever you go.

Recovery from Discovery: “Losing” Your Mind

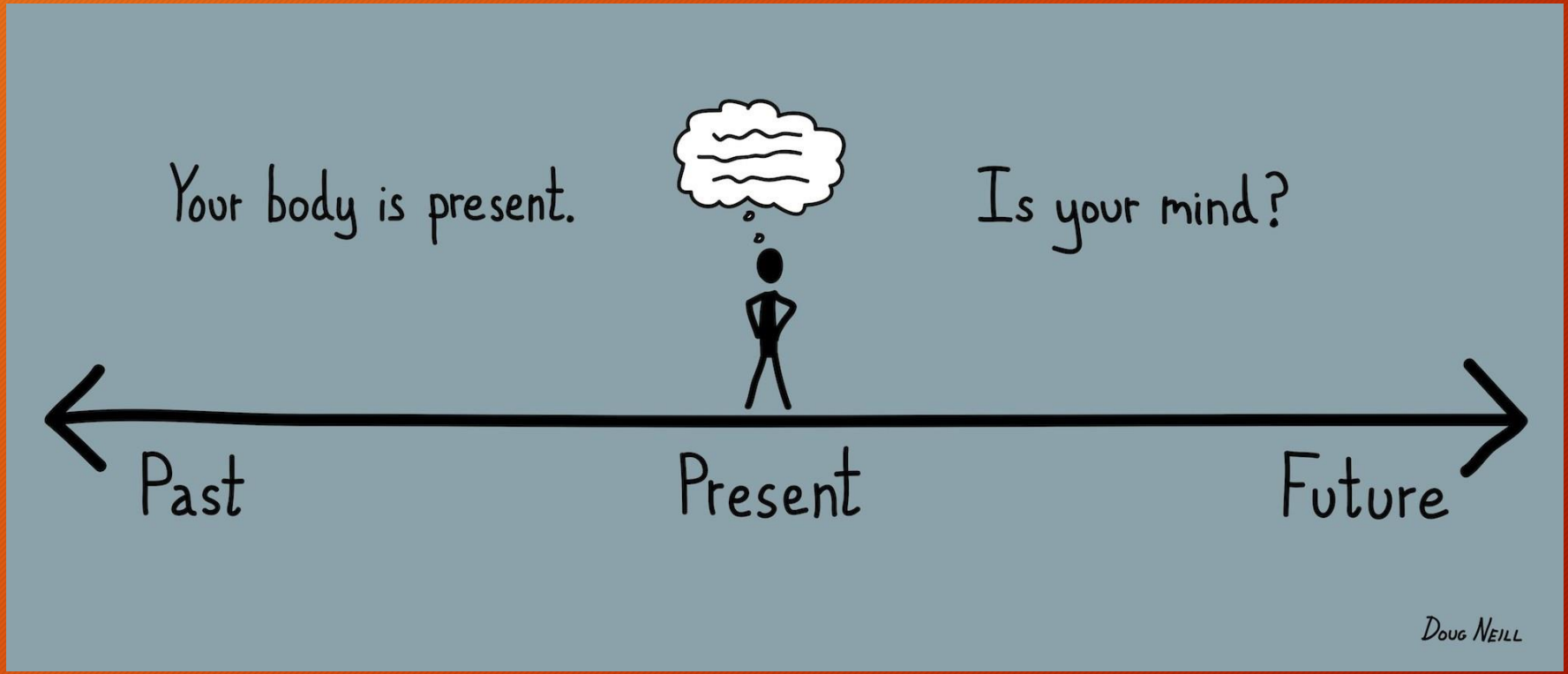
“ By noticing silence, you become present.”

(Eckhart Tolle)

“ Presence is the state of consciousness and the awareness of now.”

(Eckhart Tolle)

Recovery from Discovery



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Recovery from Discovery "Losing" your Mind

- Excerpt # 3:

  * What type of relationship do you want to have with the present moment? In other words, what type of relationship do you want to have with your life? There are no accidents in your life journey. People, situations, and events are there to point the way. Don't ask "why?", ask "what for?". Buddha said "the teacher is everywhere".

Recovery from Discovery
“Losing” your Mind

- From “A Course in Miracles”…

> “Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before, you now can make a better one, and thus escape all pain that what you chose before has brought to you”.

Can you experience yourself as the clear space of Awareness?

Recovery from Discovery
“Losing” your Mind

- A quote from Eckhart Tolle:

  “You are Sky.
  The clouds are what happens,
  what comes and goes.”
- A quote from “A Course in Miracles”:

  “God is with you wherever you go.”

And finally…..

- A final quote from “A Course in Miracles”:

“Nothing real can be threatened.
Nothing unreal exists.
Herein lies the peace of God”.

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Suggested reading…

- The Relaxation Response by Herbert Benson
- Accept This Gift by Vaughn and Walsh
- Stillness Speaks by Eckhart Tolle
- A Course in Miracles. (Helen Schucman)
- Practical Applications of the Power of Now by Tolle
- Dancing with Fear by Paul Foxman

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