

## Anxiety

If you are feeling anxious right now, that means you're buzzing, you are scattered, your mind is going a hundred miles per hour. It's a very important signal telling you that your energy is too scattered for a reason. It's because your energy is too attached to your mind, especially the monkey mind. The mind that's telling you to think things out, to try to grab onto some sense of control. It's feeling out of control, because you're no longer attached to your heart. That foundation that you need comes from you being grounded and settled in your core, in your heart, in your inner wisdom and truth. Instead you've given that energy to the mind. It's like you put that focus there, that this is what should be running your life. You're listening to this unconsciously, not recognizing that when you listen to this it's based on fear. That fear is signaling to you that you don't have control. You try to rationally grab control from your mind. All it does is continue to separate you from your heart. The amazing thing about anxiety is it's kind of got this energy that's there for you. That energy is actually there for you, in order for you to be willing to take action for your heart. It's almost like a part of you is running away from what your heart is saying. Often times we get scared of the inner guidance that we're getting. It's telling us to go in a direction that our monkey mind is saying, if you go that way you're not going to have your needs met. So we try to run the opposite way. For instance let's say you've been in a relationship for five years, all you want to do is get married. Your heart is telling you, this isn't the guy. Your mind is telling you, you know what, I've invested five years in this person. I do not want to be single, I do not want to start over. Even though that person has got their faults, I'm sticking with them. Low and behold you start to get anxious because flags come up. You ignore them and then your heart is saying, hello. Your soul mate is out there, you need to go find this person, well not find this person. You need to make a change in your life. You need to step away from this relationship, so that you're available to the true relationship that you desire. So when there's a disconnect and it's an unconscious but purposeful disconnect, that's saying I don't want to listen. It creates this anxiety. What your empowered self is guiding you to do, is say you need to use this revved up energy to be willing to take the path of your heart. To be willing to take the risk, to do what's uncomfortable to you. Sometimes to do what your rational mind is telling you not to do. When you do, that's where you open the potential for having your deepest desires met. You're feeling out of sorts because you're trying to control the situation that isn't in alignment with your heart. Your heart is really trying to have your needs met, but it's not going to be done by the way your fears are telling you, or your monkey mind is telling you. To have your needs met and to really be fulfilled, it always comes from within here. In order to bring yourself back within, be able to listen, do some grounding things. Allow yourself to get back into your body, so that you can get back into your heart. This is where you do things like take walks in nature, garden, take a bath. Those things are going to let you come back in. Then are you willing to listen? Are you willing to hear the messages within your heart? If you're not, you're not going to experience

that peace. You feeling inner peace, is you being connected to here. Listening and taking action from your heart. Use this sense of anxiety to say, wow, what am I running from from my heart? What am being called to do? How can I trust in this versus the monkey mind and the fear? Take that next step. Whatever that one step is towards trusting. You will see that your anxiety starts to dissipate. The more you follow this, the more peaceful you feel.