

HOW TO LET GO OF WORRIES, FEAR, AND ANXIETY

WORRY, FEAR, AND ANXIETY ARE NOT EASY TO RELEASE FOR MANY OF US. OFTEN WE FEEL THAT THESE ARE NOT ONLY APPROPRIATE REACTIONS TO OUR MANY LIFE CHALLENGES, BUT ALSO THAT WORRY, FEAR, AND ANXIETY SOMEHOW HELP US -- AND EVEN SEEM TO PROTECT US. THUS, WE ENCOUNTER A LOT OF "RESISTANCE" WHEN ATTEMPTING TO LET GO OF THESE EMOTIONS. THE FOLLOWING PROCESS HONORS THIS RESISTANCE, HOWEVER, AND ENCOURAGES US TO FEEL AND VENT THIS RESISTANCE. IN SO DOING, SOMETHING MAGICALLY HAPPENS – REVEALING AN UNEXPECTED PATH TO REGAINING OUR PEACE -- EVEN IN THE MIDST OF ALL OF LIFE'S CHALLENGES.

(It is recommended that you do this process out loud, where no one will hear you)

Step 1: Ask... **"On a 0-10 scale, if a person has “0” resistance to completely letting go of a hot potato (pause and see him) how much resistance do I have to completely letting go of all my worries, fears, and anxiety in the midst of the pressures and effects of everything that I’m dealing with -- past, present, and to come?"**

Then rate how on a 0-10 scale how much resistance you have to letting go of all of your worries, fears, and anxiety = "X".

Step 2: Put this feeling into simple sentences, such as , “I am feeling a ‘6’ resistance to letting go of my worries, fears, and anxiety” and use the following to vent your resistance:

"With everything I'm dealing with, I'm feeling a 'X' resistance to letting go of my worries, fears, and anxiety" ... "I'm feeling a 'X' resistance to letting go of my worries, fears, and anxiety" ... "I'm feeling a 'X' resistance to letting go of my worries, fears, and anxiety" ...

Stay vulnerable & connected with your emotional resistance – like a child would be -- repeating this sentence over and over, until either at least minute to a minute and a half passes or your level of resistance clearly subsides.

Return to Step 1: Go back and read aloud Step 1 and re-rate how you feel. You should notice the number steadily decreasing which will give you feedback on how effectively you are releasing your inner resistance to peace. *Continue with these steps until you're happy with how much your resistance to letting go of your worries , fears , and anxiety has subsided, leaving you with a feeling of total peace.*

... It may be helpful to remember the adage ...

"The resistance I'm willing to feel will heal ...

"The resistance I try to avoid will keep me annoyed"

A Spiritual Solution

When we finally breakthrough our resistance to letting go of worries, fears, and anxiety, we will notice that nothing will have changed in our outer life, but everything will have changed in our inner life—which is the true source of our inner peace. Most people are seeking a worldly solution to their problems: they try pursuing this or that, attempt to acquire more things, or they try to run away from (or avoid) whatever pushes their buttons and causes them some degree of pain or upset. This process offers, instead, a “spiritual” solution to our difficulties in life. By releasing resistance to letting go of our inner emotional pain, our outer world completely changes, and we can experience heaven-on-earth right here and now.

So How Can We Stay Free of Worries, Fear, & Anxiety?

We know life is likely to present us with challenges every day, so how can we stay peaceful in the midst of challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful lightheartedness and joy if we take a few minutes time daily to do clearing practices.



HELPFUL HINTS: At the final stages of your clearing, on the 0-10 scale, the rating system typically can be continued below a level '1' rating as follows --

"I'm feeling a 'half' resistance to letting go of my fears, worries, and anxiety" ...

"I'm feeling a 'quarter' resistance to letting go of my fears, worries, and anxiety" ...

"I'm feeling a 'tenth' resistance to letting go of my fears, worries, and anxiety" ...

"I'm feeling a 'trace' resistance to letting go of my fears, worries, and anxiety" ...

After a finishing with a 'trace' resistance , you may finish the processing by saying ... **“My fears , worries , and anxiety are not as easy to release as a hot potato ...”** You may repeat this sentence over and over until your resistance fully dissolves, and you feel total peace (live being in a meditative state).