

Clearing up Anxiety

Have you ever felt anxious?

Yeah, I know the feeling. There you are, happily getting on with your life, when all of a sudden – there is a feeling of discomfort. An emotional unease. What is that all about?

Let's become clear about what anxiety actually is. It is a state of discomfort that is generated within us to serve a valuable purpose. It is there to warn us that there is a time-critical event coming up and our involvement is required in order for us to experience a preferable outcome.

Therefore, anxiety can be seen as a positive sign, showing us that we still have an opportunity to change the course of upcoming events, and create a more aligned experience. It is a call to action and it would serve us to listen to it.

In order to continue being aligned with your desired path – become in tune with your inner guidance and determine what actions are required to resolve negative emotions. The sooner you act the better, because, as the time-window of opportunity for action decreases, the level of anxiety intensifies. Recognise that these feelings are generated by you, for your own positive purpose. So don't suppress, devalue, or disown them, and instead, use them as an opportunity to re-align yourself with your truth.

Here are two of the main causes for anxiety:

- 1) Unfulfilled promises
- 2) Underprepared scheduled events

Perhaps, you've made a promise to someone and forgotten about it. As the time window begins to close, your inner wisdom would do its best to remind you of your arrangement. Therefore, it is a good idea to write all agreements down, or avoid creating them in the first place. There may be another case where you still remember the promise but the circumstances have changed, and the act of fulfilling it is no longer aligned with your truth. Understand that every situation is flexible and can be re-directed in a way that creates an outcome which works out best for everyone involved. "Everyone" includes you, so you always have the freedom to change an arrangement that no longer serves you. When you request a change that affects other people, aim to give them enough time to adjust their plans accordingly, and know that being true to yourself is essential for experiencing freedom and joy.

Having scheduled events can also introduce anxiety into a person's life. This mainly occurs when the appointment is not fully prepared for, and therefore, is likely to create an undesired outcome. In this situation, anxiety comes from our inner guidance telling us to keep on gathering resources which are relevant for that scheduled event. Once we are fully prepared for creating an experience that we prefer, anxiety has no reason to be there and can transform into a more aligned and peaceful feeling. From a balanced state of being, we can have access to any other state that we may wish to experience.

When we are clear about the function of negative emotions and allow them to serve their purpose, they can be transformed, creating a space for inner peace, expanded creativity, and boundless love.