

# Transcending Anxiety



**My anxious thoughts are so crippling, disabling and limiting....** They pull me down like a tornado.... the force of the swirling, relentless negative thoughts scares me beyond words.... I feel powerless in the grip of anxiety and yet if I dare to stand still, if I dare to stand in the vortex, in the heart of the tornado, I begin to see that the swirling winds of negativity only have power over me as a result of my fear... When I realise that I am more powerful than these anxious self-limiting thoughts, I begin to see the possibility that I can be free... I stand here in the heart of the storm and strangely find that

peace starts to descend on me.... it's so calming, so comforting and with it comes a sense of clarity and perspective.... I begin to realise that these thoughts cannot hurt me unless I embrace them and I choose not to.... I choose to let them go.... These thoughts do not even belong to me, they're from the past from a time that is no longer relevant and so I let them go.... There's no future in the past and so I let them go.... anxiety is not my enemy, it is in fact a friend, one that needs my attention.... And so I turn my attention towards my anxiety and I listen to what it has to say.... It really does speak to me.... The more I embrace it the more the anxiety subsides and as it subsides its messages become clear.... **I stop fighting with and against my anxiety.... I become its friend and I listen and I learn.... I am free....**