

## 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...