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5 Ideas That Ruin Anxiety

5 Ideas That Kick Anxiety's Arse

But first, here's a profound quote by a profound sage of our day, to set the context for this discussion around Anxiety.

The Indian spiritual leader Amma:

"In life, we all desire success and happiness. At the same time, we are facing problems. These problems vary with the individual.

For some, the source of their problems is their relationships. For others, their problems are financial. There are others whose problems are health related.

However, there is one problem that is common to us all—Anxiety. Anxiety is our main enemy and, at the same time, our constant companion.

When we analyse the cause of our anxiety... we see that it typically arises from either the fear of the unborn future, or from the thoughts that dig uncontrollably at the graves of our past. We define anxiety as – Immobilisation at the hands of ceaseless waves of thoughts.

In essence, anxiety is the misuse of our power of imagination. It's like a thief, stealing away our inner strength and precious time.

We have become experts at anxiously determining that, without any reason, only the worst will happen.

The first step in resolving each of our various external problems... is defeating this internal enemy – Anxiety."

THAT was such a lucid description of the real problem we're really facing in life – our anxiety. Which is making us suffer inside, and act from fear outside – making more of a mess than solving anything.

Then, when taking a closer look, we can begin to see that anxiety itself is an effect of something much bigger.

The reality is that, the true root cause of Anxiety is our insecure point of view on life. We worry about things, because we feel like life CAN hurt us. As simple as that. That's why most things that we do on the surface to relieve anxiety, from medication to meditation or breathing techniques, won't truly help us. They help in the moment, but not overall.

So, we may want to begin plucking out this major cause of human suffering from its roots. Which is a whole process of relearning how we see life, shifting our point of view on life from an insecure one (aka. Life can hurt me) to a secure one (aka. Life is always helping me).

And truly seeing that to be true.

Below, we'll explore 5 such insights, that are meant to shed light on how anxiety is completely misunderstood. And once we begin to see it more clearly, it kind of gets ruined. I mean, it no longer holds that same power of over us, and begins to diminish and even disappear in time.

Enjoy and live better!

Liviu Beschieri

1. It's okay.

Yes, don't worry about it. It's not your enemy. Anxiety is there to be experienced, not judged, and labeled as bad. It's not FUN, yes, but it's not bad either.

So it's not anxiety that's the real enemy, but our insecure point of view on life. Anxiety itself is just a benign internal process, that's actually part of our healing.

That's the thing – to heal it, we must change our view of it. *We must not be anxious about our anxiety.* And thus try to run away from it.

Rather, we need to see it's true role and meaning. Because, in reality, our anxiety is not a sign that we're flawed, but a sign that we're healing. It's an internal process, through which our insecure interpretations of life are being activated, and processed out by our mind. As we'll discuss later on.

Anxiety about whatever you're worried about now, is part of your healing now. Your mind or soul, aka. psyche, is processing its misguided and insecure view of the situation...

So it's okay to feel anxious! Whenever you do, for however long you do. Giving anxiety **permission** to be there... is the most important key to changing our relationship with it.

Sure, there's no need to **believe** all our worried thoughts, but other than that, there's no need to fear them either, when they are arising in us.

So, it's okay for them to arise, just not be believed. And you'll see why not as we go through the next ideas.

2. You're anxious because you're insecure.

Good news and bad news. The bad news is that you're feeling threatened by xyz in your life right now. So you feel anxious. That's all.

Worried thoughts are insecure interpretations of life, that feel threatening to you.

As we said – it's okay. No need to worry about the anxiety.

And also, no need to worry about the situation that is triggering your anxiety.

The good news is that there's no actual "bad situation," only a bad interpretation. An insecure interpretation of the situation, be it past, present or future.

Yes, we can worry about the past too. Feeling like we made a mistake, and that we should have acted differently. Making us anxious right now.

So that's all your anxiety is – an innocently insecure interpretation, arising in your mind / consciousness / awareness, to be processed by your brilliantly intelligent awareness. (All by itself, by the way. You don't have to do anything about it. Just be okay with feeling anxious at the moment...)

3. Insecure interpretations are always false.

"I've suffered a great many troubles in my life, most of which never happened."

This quote by Mark Twain sums up pretty well this point. Our mind, while still unaware of the deeper truths of life, and it's non-separation from the intelligent whole... will tend to freak out and pretend that **it knows better**.

But it doesn't. And its insecure "ass-essments" of life are pretty ludicrous. As in funny, but in a sad way. Because of how wrong they are.

The good thing, though, is that once our mind does believe its insecure speculation about past, present, and future... it suffers and suffers, until it eventually comes to some sense of peace... Ta-dam! It eventually found a glimmer of truth and realised that it wasn't so bad or true after all—that which it worried about before. Kind of like a good night's sleep. When you wake up in the morning, the last night's worries don't seem like such a big deal anymore. Especially if the sun is shining.

That's an example of life/mind coming to that same major truth: our insecure interpretations, but only ALL of them, are false.

And let's bring our expert mystic here too, and confirm our claim: *"That which is false, troubles the heart, but that which is true brings joyous tranquility."* You see, our in-house dearest mystic Rumi, knows a thing or two about Truth and Falseness. As in false interpretations based on insecurity – they trouble our heart. That's how you recognise them as actually false.

While truth... eventually reveals itself. It sits there patiently, waiting for us to discover it. And we do. We always do. Just give it enough time... or to make the process easier – some guidance.

4. We live in a reality of Love.

So, Mark Twain and Rumi shook hands right there, and eased your anxiety.

And the reason they were both right, is because of this forth insight – that we live in a reality of Love.

What does that mean? It means that there's nothing to really worry about. Because FEAR is the dream, nightmare, or illusion—and LOVE is the reality.

This is simple to explain, if we begin to observe how intelligent life is.

Hey, it made a human! You. And many others too! With beating hearts, and farts coming out of their butts. I mean think about it... How wise is that? Right?

Not only that, but in retrospective when looking at your life, you can't help but observe a pattern of things just happening for a GOOD reason. Things just working out. Problems turning out to be blessings. And even terrible ones... leading to leaps of progress, if not externally, then *internally* in making your mind more resilient and relaxed.

Relaxed? Trouble making us relaxed? Are you crazy?

Yes.

"Been there, done that"... especially the hard stuff, makes us a lot more relaxed and secure about the "possibility" of ever experiencing that in the future. Plus, we realize that it worked out just fine before. Not that we'd want to experience past terrible problems again, but we're not as afraid of the demons we know.

So, where am I going with that?

Oh, yes. Reality of Love. Discovering that by recognising the intelligent flow of events in your own life, and all around you.

5. Life evolving at our current capacity.

Yet, still not convinced about the Love and Intelligence of it all, right?

Of course not.

This is a much bigger conversations to be had.

But here's a major piece that can help put this into perspective.

If Life is so loving and intelligent, then why all the pain and struggle in my life? And all around me in the world.

Two things.

What I'm asserting here, is that:

1. We are NOT the direct doers of "our life."

But Life/Love/Intelligence is.

We are the doing. The WAY in which life unfolds, NOT the WHO that makes it happen. Our dearest friend Rumi puts it as *"We see the dust dancing in the air, but miss the wind moving it."*

2. So Life does it all! Yet it does it At, and Through, our still limited capacities.

Our level of awareness of who we are, and how life works, is our current capacity.

And different souls/peeps are at different capacities and awareness of truth.

Truth - aka. how life really works, its harmony, intelligence and non-separation.

So, Life/Love moves through us at our capacities, in the best way possible, to help us evolve our capacity – our awareness of truth – and thus set us free from our limited, apparently separate, insecure ways of thinking and acting.

So, when we say that "All is Love, Good, Intelligence," we mean that even my anxiety coming up right now is the expression of my current capacity to interpret life still in an insecure way, and thus suffer and process it, to eventually arrive closer to truth, ease and peace.

Can you see how Loving that is?

It is Life moving intelligently through "me", as an extension of itself; bringing up the insecure material still left inside of me, and processing it

in the light of presence and truth. Truth arrived at either by myself, through my own pain and processing, or through the help of a guide pointing to the false nature of my fears and misunderstandings, and toward a more accurate perspective.

It is life undoing its own innocent ignorance. Either through the intelligence of what we could call “the inner immunity system”, that processes out all false perspectives trying to invade our consciousness. Or, the same Life, helping itself through other people, guides, resources –from people who have already processed their stuff, and are a little bit further, or a lot further and closer to truth.

Same Life&Love acting through all these ways, helping you evolve your awareness at your pace, without dazzling you with “truth” like a sun that would make your eyes blind. It does it slowly, at the most relevant and sustainable pace for you, and each of us all.

As much as we can chew now from the divine pie of Truth, without throwing us off balance, or it flying over our heads, because we’re not ready to register it.

And now it's time for a conclusion...

So all that to say that anxiety—our good friend, anxiety—is not as bad and dark as we think. Just an innocently loving process happening in our consciousness. Done by life, as it's releasing its/your insecure material.

Nothing to worry about here, folks. Move along.

And in the light of this clarity and hopefully aided by the previous insights – we can begin to see that all this anxious drama in us... about money, work, love, purpose, health, future, uncertainty... is nothing more than just... *What?* Insecure speculations and interpretations of our mind. That are... *What?* False. That's right! False. Because of their insecure nature itself. Because... *Why?* Because we live in a reality of Love. An intelligent unfolding that leaves Fear destitute and jobless.

Let fear worry about a job. Not you.

Because FEAR doesn't really have a foundation to exist on. It's just the effect of our unawareness of truth... which we're slowly but surely working through, and revealing the loving & joy-based reality that's always and already at the core of existence.

The End

Thank you for reading! And let me know if this was helpful to you, or if you have any questions, by writing at joy@securebeing.org