



Worry, A Self-Created State

Worry is an extension of fear, and can also set you up for attracting that which you don't want in your life.

We have all had the experience of worrying about something at some point in our lives. Some of us have a habitual tendency to worry, and all of us have known someone who is a chronic worrier. Worry is an extension of fear and can be a very draining experience. In order for worry to exist, we have to imagine that something bad might happen. What we are worrying about has not happened yet, however, so this bad thing is by definition a fantasy. Understood this way, worry is a self-created state of needless fear. Still, most of us worry.

One reason we worry is because we feel like we're not in control. For example, you might worry about your loved ones driving home in bad weather. There is nothing you can do to guarantee their safe passage, but you worry until you find out they have reached their destination unharmed. In this instance, worry is an attempt to feel useful and in control. However, worrying does nothing to ensure a positive outcome and it has

an unpleasant effect on your body, mind, and spirit. The good news is that there are ways to transform this kind of worry so that it has a healing effect. Just as worry uses the imagination, so does the antidote to worry. Next time you find that you are worrying, imagine the best result instead of anticipating the worst outcome. Visualize your loved ones' path bathed in white light and clearly see in your mind's eye their safe arrival. Imagine angels or guides watching over them as they make their way home. Generate peace and well-being instead of nervousness and unease within yourself.

Another reason we worry is that something that we know is pending but are avoiding is nagging us — an unpaid parking ticket, an upcoming test, an issue with a friend. In these cases, acknowledging that we are worried and taking action is the best solution. If you can confront the situation and own your power to change it, you'll have no reason to worry.

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