

ANXIETY



&

The Demartini Method



How Can The Demartini Method Help Anxiety?

Let's talk about how The Demartini Method can help you with anxiety and how you can use The Demartini Method to turn the pattern of anxiety around.



Imagine

What would life be like if you could resolve the inner conflict with your own mind?

What would life be like if you could have your mind working for you and not against you?

What would it be like if you could release the battle with your own mind that is stopping you from doing the things that you want to do?

Now we go in depth with The Demartini Method to turn that pattern right around.



As a small snippet of the work I have my 5 Power Questions that you can use in any stressful situation or if you have social anxiety.

The beautiful thing about this is you can ask these questions any time, any place anywhere to help you overcome your anxiety.

The questions are simple and can help you change your mindset and emotions instantly.



The First Power Question Is:

What is great about this?

What is great about your current problem?

What is great about the current disappointment or the current anxiety that I am experiencing?

Return your mind to something that is good that is going on in your life right now.

Return your mind to what there is to be grateful for?



The Second Power Question Is:

Am I focused on problems or am I focused on solutions?

I know I get stressed if my mind is focused on problems but when I focus on solutions and focus on what I can do, anxiety and stress immediately leave my body.

Those first 2 power questions alone are enough to turn anxiety around.

What is there to be grateful for? Or; what is there that is great right now?
And; am I focused on solutions?



The Third Power Question Is:

What new opportunities do I have that I didn't notice before?

If you have lost your job, if you lost a relationship or if something else has gone wrong, have a look for what opportunities there are that you didn't notice before.

What are you now free to do that you weren't aware of previously?



The Fourth Power Question Is:

What can I learn from this?

What kind of meaning or what kind of lesson can you get from the experience that you just had, that can (a) improve your life (b) give you a lesson so you don't repeat that problem?

Finding a meaning or finding some kind of lesson in what happened, can help to reduce anxiety because you have found a purpose for the anxiety.



The Fifth Power Question Is:

What would love do now?

In that current difficult situation in that anxious moment, ask, what would love do right now?

Whether that be God, the universe or life itself, whatever love means for you, ask; what would love to do right now?

Really drop into your heart space and connect with that energy. Connect with your heart right now. What would love do in this situation?



I hope you really enjoy these 5 power questions and you can apply them to your own life. I actually applied those questions myself around 18 months ago when I experienced some social anxiety.

A friend of mine at the Gold Coast, was doing some shopping and I was left by myself and all I used was the very first power question?

What is great about this problem?

I looked around, I noticed I was at the Gold Coast and the beach was right there (and I love the beach).



I'm wearing my shoes, so I took off my shoes,
put them over near the car, got my bare feet
into the sand and went into the water and felt
absolutely amazing.

I noticed all the people around me were
suddenly smiling. It all happened because I
asked one question, what is great about this
problem?

I hope you found some value in these power
questions.



I encourage you to look The Demartini Method a little bit more for yourself and see if it would be something that may be able to make an improvement for you in your life.



This Ebook is a collaboration between Jeremy Walker from Inspire Hypnotherapy & Global Healing Exchange

