

ANXIETY



Vortex Subconscious Healing



Anxiety & Vortex Subconscious Healing

Let's talk about how working with vortex energy can help anxiety.

Before we start it's important to know that all disease and illness is caused by vibration, a thought process or a subconscious pattern, rolling over again and again.

Before it manifests in the human body, there's always a vibration of it first.

With anxiety this is an illness or disease that does perpetuate over time.



It's a learned illness or thought process that can snowball.

It's really important to remember the things that cause anxiety are; over thinking and feeling unsafe for a long period of time.

It can be from a trauma or an experience from childhood, teenage hood or even adult hood, which takes away your self-confidence.

It's a state where we feel like we are being hard on ourselves and like we need to berate ourselves.

A state of prolonged over thinking.



Taking things (emotions, thoughts, situations etc.) that are happening externally and bringing them inside and ruminating, instead of acknowledging what is happening internally and sending love out.

What can we do to overcome some of these prolonged patterns?

1. Take Note Of Your Thoughts

The first step is to spend a week or two writing down or capturing all of those worrying, negative or fearful thoughts that may come up.



A good idea is to carry a pad in your pocket or bag and write them down whenever they come up.

These are your keys, these are your loops.

This is the way you talk to yourself over and over again.

Sometimes we have these looped thoughts up to 3 million times a day.

So what we want to do is slow them down.

We want to reverse these negative thoughts.



1. (a) Tapping & Affirming

While you're finding out what your worry or anxiety causing thoughts are, you can tap your fingers on your chest, while saying, "There, there I am OK. There, there I am safe".

Remember you want to bring yourself back to the present and you want to slow things down.

That's your first tip on feeling better.



2. Breathe Deeply

Start breathing deeply and slowing your breathing down. Feel how your energy feels and then start saying, "I am going to be OK". It is really that simple! "I'm going to be okay".

"I am going to start feeling better now and it is OK for me to feel safe". So you want to slow your breath and talk to yourself in that way.

It's about reminding yourself, that you are safe. It's also about reminding yourself that there's nothing wrong with you.

So this is a practice that you need to bring into your world, so the worry goes away that little bit more.



3. Talk Meditation

Once you feel comfortable with doing this, another technique is talk meditation.

Do the same thing as before, but lay down, close your eyes, somewhere where you cannot be disturbed and start repeating the affirmation, "I am going to be okay. I am going to be safe. It's okay for me to feel better now".

Slowing it down with every repetition of your breath is really effective and it's a great meditation for people who can't switch off anxious thoughts.



Your next step will be to do this 3 to 4 times a week, every day if you can.

Then you will start getting into a relaxed thinking process.

The next step is **BE KIND TO YOURSELF.**

Let yourself off the hook.

Self-blame and self-criticism are two of the things that we struggle with when dealing with anxiety.

So let yourself off the hook.



4. Write A Gratitude List

The final key to help with the anxiety process is to write a gratitude list about yourself and everything in your world.

So you can start to turn your thinking around and start to realize that you are really, OK and that you're actually a really good person.



I hope you find these tips helpful.

All the best in working with releasing your
anxiety.



**This Ebook is a collaboration between Kathryn
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& Global Healing Exchange**

