

## First-Aid Kit for Worries

1. Before you address your anxiety, ask yourself the question, “Who am I?” Through this form of quiet contemplation, your attention becomes centered in the peace and fullness of the Eternal Witness who is the thinker of the thought.

2. Attend to the inhalation and exhalation of your breath at the bridge between the two nostrils.

3. As you remain centered in the equanimity of the Eternal Witness, practice detachment and dispassionately welcome, witness and honor your concerns—allowing yourself to be present with these thoughts, desires and emotions without being controlled by them.

4. Listening to the inner wisdom of your conscience, willingly surrender the worrisome thought back to its Origin—the Origin of every person, every thing and every thought (the Divine Reality).

5. Lovingly direct your attention to your *mantra* (the name of the Divine Reality).

6. If it’s possible, go for a *mantra* walk. Take a brisk fifteen to twenty minute walk just listening to the silent repetition of your *mantra*.

7. Try to recognize an opportunity (it’s probably in front of you right now) to engage in some selfless service. This transforms the energy of worry into the energy of love, fearlessness and strength.