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ask diane

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How can I heal my anxiety?
How can I create inner peace?

Chronic anxiety is so pervasive in our culture that many people think their wound-up state is simply normal. Many times I've laid hands on someone to find a knot in the solar plexus. Most of the problems these people experience would simply dissolve if they could release the energy held there.

Many things contribute to anxiety, from a constant bombardment of information and stimulation to over-scheduled living. Disconnection from nature, failure to take proper action in their lives and tangled relationship cords are other common causes.

In some cultures, a state of anxiety is transmitted from parent to child along with love. It is just the normal state. For instance, many Jewish people--take Woody Allen as a perfect example--experience anxiety. Some of it is simply passed down from generation to generation. Fortunately you don't have to know why you are anxious to start healing it.

Clearing anxiety and attaining inner peace is a worthy goal. But it can take patience, persistence and fortitude to attain. I know because I used to be anxious. I eventually healed it--and I would never go back.

To heal anxiety, start by giving yourself some time to be with you. Get to know what you are really feeling and thinking about the people, events, and activities in your life. We can become more anxious simply by doing things that we don't want to do or that are not in our best interest. Also make sure to give yourself some time each week for exercise and relaxation.

If your mind is racing, don't let yourself get carried away with it. In our culture, thinking can sometimes be overrated as a problem solver. If we can quiet our mind, the true answers and right path become obvious without effort.

Pull back from worry. Remember, no matter what is happening, good things are unfolding. Everything happens for the best. It's our job to find the best in everything.

Most important of all, meditate even just 5 or 10 minutes a day. The more it feels like this is time you can't afford to spend, the more you need to be meditating. Meditation will give



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every system in your body a chance to relax and also to harmonize. As we meditate our heart and our breath and many other systems literally come into synchronicity. Our heart wave expands. Our mind quiets. We receive important insights and guidance. We connect to our true self. We gain peace. We know who we truly are.