

*When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened.*  
– Winston Churchill

*The most insidious thing which the student of Truth must handle is worry.* – Ernest Holmes, Lessons In Spiritual Mind Healing, page 290

## **The Alchemy of Worry**

Worry grabs hold and pulls us into dark dense territory. We fear its ability to drag us there, yet we often give our submissive hands to it again and again.

But what if worry is a loving *signal* rather than a paralyzing captor? What if worry is simply a mindful knock on the door of our consciousness inviting us to remember that the thing we are worrying over is really about losing something we once felt and/or experienced? Crazy?

If I worry about lack isn't it because at some point, I've been aware of sufficiency? If I worry about safety, isn't it because I've had an awareness or experience of security? If I worry about abandonment, isn't it because at some point in my life I've experienced even the slightest sense of connection or belonging?

What if worry then, is a gift – a divinely timed guidance mechanism, *inviting us **back** to our authenticity* – a mindful *signal* directing us home to our innate genius? Consider that your worry over losing approval, making a mistake or being shamed is a **signal** that you are ready to dismantle those concerns by meeting them with a different perspective. Instead of wanting worry to go away, invite it into your inner laboratory of exploration. Determine what is the polarity of the thing you are worried about. Then for several minutes, summon the feeling of solution or create sense memory around what it was like to have had what you now fear you'll lose. What would it be like for this issue to be completely resolved? What would the relief feel like? How long can you linger in this solution driven state of feeling?

**I welcome and celebrate the loving reminders of my powerful nature and continuous blessings.**