

Calmness

Congruency



Clarity

Competency

3 Simple Ways to Reduce Anxiety Around Changes And Increase Your Confidence

What is the 'Law of Motion'? This is a basic Law in Creation, which governs everything to remain in constant rhythm and incessant movement for natural harmony and enhancement. Through this Law everything in Creation came into being. This animating movement preserves and restores all visible and invisible things around us.

- The saying "stagnation is retrogression": gives us an idea of this great Law.
- Movement alone assures progress and preservation
- When the vibration around us is much stronger than the vibration within us, we can grow weak, fall ill or become extremely nervous because our inner level of vibration is low. Therefore, to remain healthy, happy and creative we have to keep our inner vibration in balance with the outer vibration.

All that we do or think is governed by the Law of Motion. This is why it is important to pay attention to our thoughts and actions, for we are constantly moulding and changing the state of things with this Law. Therefore, it is obvious that the state of our inner vibration is the **key** to the success of dealing with changes.

What are you doing that is not serving you?

Just as changes are natural occurrences in the evolution of Creation so it is also with us since we are a part of this creation. We grow, develop and mature to give our inner core, the Spirit, the opportunity to evolve and become conscious.

Changes are there to help us do just that. Fear, resistance, doubt and anxiety are ways we unconsciously use to fight changes from happening. Unfortunately, these reactive forces are contra productive, since the only thing you accomplish is stifling the natural movement in yourself and thereby reducing your inner vibration instead of increasing it. You block off energy that is coming to you, because you want to protect yourself.

- 1. Observe yourself when something new comes your way: What do you do, What part of your body reacts and how do you feel?**

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When you decide to be courageous, productive, loving, giving and adroit, you automatically bring your inner vibration into alignment with the outer forces of movement. This strengthens you, makes you feel alive clarifies your new path for you.

2. Use Simple Stretching Exercises: for Movement

Simple Breathing : for Calmness

Creatiive Expressions Such as Writing, Singing, Gardening etc.: for Balance

Try this simple method:

-First make an inner shift by regarding fear, doubt, anxiety and resistance as just feelings that you can release at will. Because they are not really a part of you.

- Then do this simple breathing exercise: **On the in-breathing breathe in the opposite of what you are feeling, and on the out-breathing breathe out what you are currently feeling and release the feeling, notice the flow of energy.** Continue doing this until you feel calm and free.

Keeping the Change active and flexible

Whatever changes you are now making or experiencing, aim to integrate genuine spiritual values into them. Eternal values are what uplift you. Ask yourself this simple question: How will what you plan to do serve you and your surroundings?

By doing this you adjust your thinking and your being fully to the all-embracing Laws of Motion and Equilibrium. These are able to support you in the conscious knowledge that you are in the flow of movement that replenishes your life and gives you the security you are seeking.

3. Check regularly with your inner sensing (intuition) for where you are NOW and continue to release anything that feels out of place.

Once you recognise that you are in the natural flow of movement, all you need do is to remain inwardly open and alert. Because what was yesterday is old. It is what is now, what is in the present that gives sustenance and value.

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This keeps you inwardly alive and equally keep your inner vibration in balance.
Creation has its inflexible Laws and if we want these to support our

endeavours, we need to begin to live daily in harmony with them both in our thoughts and in our actions.