

2020 Daily Anxiety Release Practice

Five Points of Contact

The anxious mind struggles to land and find a place of home. Not grounded with contact in the here and now, anxiety is untethered in mental worry and obsessing thoughts. Anxiety exists in its own closed loop, like an echo chamber. Finding places of contact disrupts this anxiety loop and these present moment connection points allow the anxiety to release.

1. **Contact with Breath. When Find Your Breath, You Find Your Body**

Take 3 deep breaths. Soft belly. Breath fully down into the belly. Let the breath find natural rhythm. Where do you feel breath sensation most strongly? Focus the mind on breath. Let this be your anchor in the present moment. If mind wanders away, bring awareness back to breath and say silently to self "I breath in, I breath out. In, out."

2. **Contact with Your Tribe. Focus on Active Supportive Relationships in Your Community.**

Visualization or taking notice of a friend or group in the present moment. Visualize friends, mentors, and guides who are present in your inner circle. Invite them into your circle. If there is a group you have been a part of, visualize and invite this group into your circle. Feel the connection to these important relationships. If sitting with someone or group, notice and feel the connection with this person. Bring awareness to the connection.

3. **Contact with Object in the Present Environment.**

Find an object where ever you are. Look around and what are drawn to and like looking at? Curious mind. Focus full attention on this object. Notice shape, size, color, light, movement, texture, perspective. Keep attention on the object.

4. **Contact with spiritual, higher power, God, love, light, or mystery.**

Allow something bigger in. The ego is anxious when it wants to be totally in control and thinks it is entirely alone. This contact can be as simple as sitting and connecting with a group. I am part of something larger.

Here is a meditation by Ram Dass.

<https://insighttimer.com/ramdass/guided-meditations/being-love-meditation>

We are immersed in love,
Outside and inside,
And you can radiate love from your inside
To all of us,
To the planet,
To the universe.
Every one of us counts in this effort.

The love inside is radiated outside.
Love yourself,
And love the universe.
The One inside of all of us is Love.
We each translate that love according to our lives.
No matter how thick is the filter of your karma,
You radiate the Love of the One.
And now let us, a group effort, love our planet.
And now we are love itself.
We are love...
Be love....
Namaste.

5. **Make Contact Our Parts of Self Around the Round Table.**

Visualization exercise. Invite mentors, guides, pets to your round table. Invite any historical figures you connect with your table. Invite any wisdom persons or guides, like Yoda. Remember a time when you had a success or accomplishment. Invite this part of your self to the round table. Next invite the part that is anxious to sit at the round table. Let this part know he/she is invited to the table and to be seated at table, cannot stand on the table or dominate the table.