

WEEDING OUT OUR HIDDEN WORRIES

by Stewart Blackburn

It seems to me that in each person's life, should they get old enough, there comes a time when we need to weed out all those hidden worries that clog up our energy flow and keep us from being the happy, joyous people we want so very much to be. In contemplating this I quickly came up with 9 common worries that lie hidden behind the immediate concerns of life. I don't pretend that these are all the hidden worries you might discover within yourself. Nor do I maintain that the suggestions that I have offered here will be sufficient to eradicate all these hidden worries. This is intended to point out what you may find if you look for them. I think that noticing them and doing something about them can add immeasurably to the quality of living.

The first one to come to mind is the worry that I will have a difficult time aging up to the point of my death. This one is based on a belief that the circumstances surrounding our end of life are entirely out of our hands. If we are learning how to use our personal power to better our lives, why shouldn't that include how we come to finish up this lifetime. We don't have to believe in reincarnation to have a sense that we have some considerable influence in how things come to conclude for us.

We know we're going to die, so we might as well just accept that for starters. But how do we want to die? That should be just as much within our sphere of power as anything else. We envision those events, we put our emotional energy into creating those events, and then we let it go to manifest. We can give preferred timing and settings, but we can then allow the particulars to be as they will. The important thing is to recognize that we have a say in all this and that we can trust those other parts of ourselves to come as close as possible to our desired reality.

The second worry is somewhat similar to the first. It is that I won't have enough money to last me until I die. Here again we are not accepting our power to create the reality that we desire. If we can believe in ourselves enough and believe that we have the power to manifest our desires, then it should be no herculean feat to create abundance for ourselves until we no longer need it. The key piece here is trusting ourselves and the inner parts of our being that take care of such things. A firm belief that "I will always have the money I need!" should do the trick. But it's not enough just by itself. You need to be doing things that contribute to that desire

and demonstrate your trust. A little action most everyday will keep the momentum going to develop that reserve. Even saving your change every day, buying a little less, or taking small jobs will contribute significantly to your abundance.

The third worry is that my body will suddenly develop a serious condition, or maybe not so suddenly. Here once again, we are letting our fears define our beliefs. This belief says that things “happen” to us that are out of our control. While there are certainly surprises in life, a belief (1) that everything is working out perfectly (EWOP) and (2) that I can largely program the parts of my life that I care about as long as I stay positive and not worry, will direct our lives for the most part. This trust allows for the life forces or energies to go smoothly in the directions we have specified. This is the magic of trust, and it works well when allowed to. And even when things don’t go as we would have them, we can trust that, for our Higher Self, this is what is needed at this point.

The fourth worry is that I will unknowingly hurt or disappoint other people. This worry can be so crippling that we can be afraid of almost any interaction at all. However, if our intention is to be kind and loving to all beings, then any hurt or disappointment will be the other person’s responsibility. We aren’t and never can be responsible for other people’s feelings. Just as we are solely responsible for our feelings, so too are others. If we try to take care of other’s feelings for them, then we disempower them. We can say and do things with the greatest tact and love, but how they respond to us is their business.

The fifth worry is a common one that especially needs attention. It is that I will end up lonely. It’s got two parts to it. One, that being alone is the equivalent of being lonely. They are two very different things. To be alone is to be separated physically from others. Not only is this not necessarily a bad thing, many people prefer this. By being alone, one increasingly learns to be comfortable with who one is, even to the point of delighting in one’s own company. Many people have found that only by spending time alone can they open up fully to other people and develop deep relationships.

The second part of this is that loneliness is not so much a function of being alone as it is that of feeling disconnected from our inner being or core self. No matter what you call this aspect of who we are, it is the great, loving, wise, and powerful portion of our being. When we feel disconnected from this part of us, we easily feel fearful, overwhelmed, and powerless. Other people can distract us from these feelings, but we can feel lonely in the company of others if we aren’t

connected to our inner being. To avoid the feelings of loneliness one must make friends with the being we find when we go inside.

That something “bad” or unpleasant will befall those I love is the sixth hidden worry. This contains the assumption that things just happen to people randomly. If we believe that we are powerful creators of our own reality, so is everyone else. Naturally, we want our loved ones to be well and happy. But we must acknowledge that they are in charge of their own reality and that the best we can do is to love them and show them how they create their own reality, when we can do so without it coming across as a criticism.

The seventh worry is that I will be forgotten. If we feel the need to have an everlasting effect on the world, then our ideas of immortality are misplaced. As human beings we are very definitely mortal. If people remember us for a little while after we’re gone, maybe we gain a little inkling of immortality, but not much. However, when we discover our inner being, our soul if you will, we find that that part of us is indeed immortal. That’s where we want to bank our treasures. And, I believe, it is there that we can keep our memories if we want to.

The eighth worry is that I will look back on my life and be disappointed. This actually has some wisdom to it. If we suspect that we are not living life to the fullest, then now is the time to act. It’s worth examining our lives to see how content we are with them and consider making different choices.

Disappointment, though, is a choice. We can choose to be disappointed, or we can choose to react to our reflections in a different manner, like gratitude, awe, or celebration. We never had all the time to do the many things that we wanted to, anyway. We chose what we chose for our own good reasons. Imagining the things we missed out on will help us feel those things and that’s the main part of experience.

The ninth hidden worry is that I don’t really belong here. This one is related to the idea that there’s something wrong with me. This is the foundation of shame. As long as we find it difficult to accept who we are, we will struggle with life. And that struggle is totally unnecessary. Accepting ourselves after years of being told that parts of us are completely unacceptable takes a lot of work to overcome. But the rewards for that effort are totally worth it.

All these worries are unnecessary and need weeding out. I hope this has been helpful. Happy gardening!