



Anxiety

Anxiety, Depression and Self-Abandonment

By Dr. Margaret Paul

Most people want to believe that their anxiety or depression is being caused by the past, by other people, or by events - but these are not the cause of most current anxiety and depression.

Most current feelings of anxiety and depression - other than anxiety and depression that has physical or chemical causes - are caused by some form of self-abandonment. The anxiety and depression is your inner guidance's way of letting you know that you are abandoning yourself.

There are three levels of self-abandonment.

1. Self-judgment and other lies

The first level of self-abandonment is the self-judgments and other lies we tell ourselves. Do you ever tell yourself any of these lies and judgments?

- I am not lovable.
- I am unworthy and undeserving of love.
- It is my fault that he/she doesn't like me.
- I am inadequate.
- I am a failure. I will never amount to anything.
- I am ugly. I am too tall, too short, too fat, too thin, too dark, too light, and so on.
- I am selfish when I take care of myself.
- I am alone and I will always be alone.
- No one will ever love me.

Telling yourself these lies and judgments is like telling them to a small child. The child would feel very anxious and depressed at hearing these statements from you. Likewise, your inner child feels anxious and depressed when you judge yourself and lie to yourself.

2. Ignoring the anxiety/depression you are creating with the self judgments

The second level of self-abandonment is ignoring the pain you are causing through your self-judgment. You might further lie to yourself by telling yourself that your anxiety and/or depression is being caused

by others, the past, or circumstances, rather than by your own self-judgments and lies.

When you ignore the feelings you are causing, the message to your inner child is that he or she is not important to you. Your feelings don't matter. Now you not only feel the anxiety or depression coming from your lies and self-judgments, but you exacerbate your painful feelings by ignoring the feelings that you are creating.

3. Turning to addictions - approval, sex, substances, processes

Now you feel intense anxiety, depression, anger, hurt and so on, and you further abandon yourself by turning to various addictions, to numb out the pain and avoid responsibility for it.

Since you are doing anything but loving yourself, and your inner child always needs love - or at least some way of filling up the inner emptiness and aloneness - your wounded self now turns to old learned addictive ways of avoiding pain. You might pull on someone to give you attention or approval. You might try to get someone to have sex with you, or masturbate to Internet porn. You might turn to substances: food, sugar, nicotine, caffeine, drugs or alcohol. Or to processes such as TV, work, or gambling.

Turning to any of these addictions pacifies the pain for the moment - which is how they become addictions - but because they are all ways of abandoning oneself, they only lead to more pain in the long run.

Now you are not only in pain from the self-judgments, and then ignoring your feelings, but now you are in deeper pain from making others responsible for your feelings, or numbing them out with substances and processes.

You are stuck in the vicious cycle of self-abandonment that feeds upon itself. You will not permanently get out of this cycle until you stop abandoning yourself and instead move into the intent to learn about loving yourself, and devote yourself to your Inner Bonding practice.

Managing Anxiety and Panic Attacks

By Dr. Margaret Paul

Your heart is pounding and you have palpitations and chest pains. You are sweating profusely, shaking uncontrollably, having trouble getting a breath, and you feel light-headed and unsteady. You have a lump in your throat and feel like you can't swallow, along with sensations of smothering, and you feel like you might throw up. Are you having a heart attack? Not likely, because you are only 27 years old. So what is happening to you?

The chances are you are having a panic attack.

What causes panic attacks? The physiological cause is that a small, almond-shaped organ in the limbic system of the brain, called the amygdala, gets activated and creates the extreme reaction in the body. But what triggers the amygdala?

Panic attacks are triggered by thoughts from the wounded self. The thoughts are about bad things that can happen: thoughts that create fear, and even thoughts about having a panic attack. Panic attacks are very frightening because it feels like you might die, even though people do not die from panic attacks. For some people, the more panic attacks they have, the more they are afraid of them, and the more they trigger them with their fear. It becomes a vicious circle.

Once anxiety or a panic attack is triggered, it is very difficult to stop it. The key is to stop it before it occurs, or stop it just as it is occurring. The most effective method I have found for this is EFT - the Emotional Freedom Technique.

EFT is a system of tapping on the end-points of acupuncture meridians while thinking the thoughts that trigger the feelings and feeling the feelings of the anxiety or panic. I suggest that anyone who has anxiety or panic learn this method. We teach EFT in the SelfQuest program, and you can learn it at www.eftuniverse.com/.

Once you have been able to lower your anxiety level with EFT, you then need to diligently practice Inner Bonding. Practicing Inner Bonding gives you the awareness of the lies from your wounded self that are causing the anxiety and panic, and develops your connection with the truth from your spiritual Guidance. The more you connect with your Guidance and operate from the truth, the less anxious you

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will feel. Anxiety and panic often come from the lies of the wounded self, while inner peace comes from being in truth.

The more you practice Inner Bonding and are able to stay connected with your Guidance throughout the day, the more you will be in charge of your thoughts. The practice of Inner Bonding gives you the ability to stop generating thoughts FROM your mind and instead allow the truth to come THROUGH your mind.

When you are generating thoughts from your mind, you are in your ego wounded self. When you are using your mind as a receiver and allowing the thoughts to come through your mind from your Guidance, you are a loving Adult. The more you are able to be a loving Adult, the less anxiety and panic you will experience.

EFT is a tool to help you lower your anxiety level so that you can practice Inner Bonding. But it is the consistent practice of Inner Bonding that eventually moves you out of your wounded self and into your loving Adult - into the inner peace that comes from allowing your spiritual Guidance to be in charge of your thoughts and actions.

Anxiety: A Lack of Reality

By Dr. Margaret Paul

Brent started to work with me after his wife, Carla, suddenly decided to leave their marriage. They had been married five years and Brent thought everything was fine. Then Brent became ill and Carla withdrew. And then she was gone.

Brent was devastated. He loved Carla and wanted her back. However, he soon learned that she had not been honest with him, even from the beginning of their relationship. He learned that she had been more interested in his money than in him. She was ruthlessly going after his money.

After a couple of months, Brent was doing better. He had let go of Carla and had started to date. Then Carla sent him an email where her tone was softer than it had been, and this sent Brent back into anxiety.

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"I have been waking up anxious every morning," Brent told me in one of our phone sessions. "And feeling anxiety a lot during the day."

"Brent, what are you telling yourself about Carla?"

"I keep wishing that things were back the way they were. I love her and I want her back. Her email made me think that things could be back the way they were."

"Brent, Carla left you when you were really sick. She lacked any compassion for you. You told me that you had noticed her lack of compassion toward other people as well. Then she told you that she never loved you. Now she is going after your money, even though she earns her own. You are not in reality about who Carla is. You are making her up, and this is what is causing your anxiety. Your inner child - your feeling self - is letting you know with this anxiety that you are off track in your thinking, that your thinking is not based in reality. And your inner child is anxious that you are going to abandon him by going after someone who is not a loving person, while pretending that she is."

"But I thought she was a loving person. She is a loving person deep down. If she went into counseling with me, we could work this out."

"Perhaps, but this is not who she is choosing to be. You are not accepting the reality of who she is choosing to be. You will always feel anxious when you do not accept the reality of things. You keep thinking that if you say the right thing or do the right thing, not only will she come back, but she will be willing to deal with herself and be who you want her to be. None of this is reality. She has given you no indication that she is willing to go into counseling with you, no indication that she is interested in changing. You are making all of this up, and this is causing your anxiety."

"I know that you are right, but this is so hard. It is so hard to let go."

"Yes, your wounded ego self wants to believe that you have control over something that you have no control over. You are having a hard time letting go of control. But trying to control something over which you have no control will always create anxiety. You are not being in reality about what you have control over and what you don't have control over."

"Yes, I see that. I want control over getting Carla to be the way I thought she was. I don't even like who she is right now, but I don't want to accept that this is who she is choosing to be. I can see that I need to accept this reality and not keep thinking that I can get her to come back and to be the way I thought she was. Ah, I am starting to feel better! The anxiety is going away."

Anxiety results from not accepting how things are and from trying to control things that you cannot control. When you are experiencing anxiety, practicing Inner Bonding can move you back into reality, back into loving action for yourself.

Diet and Anxiety

By Dr. Margaret Paul

Marianne consulted with me because of anxiety and depression. She had tried various forms of medication, but was not reacting well to any of the drugs. She was exhausted from lack of sleep, and from the intense anxiety that kept waking her up. While there were challenges in her life, like in everyone's life, none were extreme enough to have this effect on her. She spent her days depressed and her nights awake and anxious.

Marianne had done years of inner work and fully understood that her thoughts create many of her feelings. She was vigilant about thinking thoughts that were positive, so she could not understand why she was having such a hard time. When she awoke at night in a panic, she could not seem to gain control of her thoughts. She would ruminate over and over about the various challenges in her life. She was very discouraged that she had had so much therapy and had done so much inner healing work, and still felt so awful. Sometimes she felt like she was going crazy because she felt so out of control over her thoughts and feelings.

Marianne had a deep spiritual connection. She did not feel alone in her life, knowing that her spiritual guidance was always with her and always guiding her - which made her anxiety and depression all the more perplexing and upsetting to her.

"I just don't get what is happening here. I take really great care of myself. I attend to my own feelings, I eat well and exercise, and I have great friends and a wonderful relationship. My kids are doing well and I love my work. Why am I having such a hard time?"

Fortunately for Marianne, I had gone through the same experience. I discovered the source of my problem through research on the Internet, which proved much more accurate than what my doctor was telling me. It appeared that Marianne was suffering from low blood sugar - Hypoglycemia.

Marianne would fall asleep just fine, but would awake in a panic four to six hours after falling asleep, and then not be able to go back to sleep. When a person's blood sugar goes too low, the adrenal glands take over and shoot epinephrine, also called adrenaline, into the system to raise the blood sugar, which causes anxiety or even panic.

I suggested that Marianne ask her doctor to give her a glucose tolerance test, and it turned out that she did have hypoglycemia. Her doctor told her to go off all sugar and refined products, such as white bread. Her doctor advised that she eat six small meals per day, balanced between protein, complex carbohydrates, and fats, and to be sure to eat just before going to sleep. Her doctor, fortunately an alternative medicine doctor, also advised her to take a chromium supplement just before sleep.

Within days of going on this food plan, Marianne started sleeping through the night. When she did wake up, she was not anxious and was able to go back to sleep. She no longer felt depressed. Then one night she went back to not sleeping and having the anxiety.

"Marianne, what did you do the day that you couldn't sleep?"

"I joined a gym and did a hard workout. I read that exercise is good for hypoglycemia."

I asked Marianne to do a little more research on this and she discovered that intense exercise greatly lowers the blood sugar - that she needs to eat during exercising. After doing this, she had no more sleepless nights.

It is important to know that anxiety and depression can have various causes - physical, emotional and spiritual. The emotional/spiritual

causes of anxiety and depression are generally related to what we tell ourselves and how we treat ourselves. Self-abandonment - through judging ourselves, ignoring our feelings, turning to addictions instead of to Spirit, and making others responsible for our feelings - causes anxiety and depression. Diet, illness, and hypoglycemia can also cause anxiety and depression.

If you are willing to take responsibility for yourself and learn how to lovingly treat yourself physically, emotionally, and spiritually, you can heal your anxiety.