

# The Opposite of Anxiety

Take a word from this cloud of words and hold it, hold it in your mind, your thoughts, your presence.

Repeat the word, allowing associations to arise,

...but do not attach yourself to any association

Sometimes our "hurt" side will try to push in worries, arguments, negative thoughts. Be fierce: BANISH THEM.

do not dwell; return to your chosen word.

Then let it all dissipate as the morning mist rises.

Feel the moment.



Enjoy, every day.