

Anxiety and Regret

Transforming the Passions



Homework

- From a place of wondering, make a list of your fears, considering all aspects of your life, past and present. Explore the relation of them to Dr. Hawkins' "Dualities of Fear" below. Is it possible to see that **all**, without exception, are based on thoughts and beliefs **innocently** acquired, and that they can now be surrendered in the Light?
- Practice [Visio Divina](#) with the image. How does it speak to the transformation of fear?

Scale of Consciousness

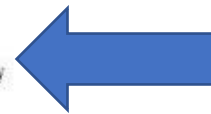
MAP OF THE SCALE OF CONSCIOUSNESS

God-view	Self-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700-1,000	Ineffable	Pure Consciousness
All-being	Perfect	Peace	600	Bliss	Illumination
One	Complete	Joy	540	Serenity	Transfiguration
Loving	Benign	Love	500	Reverence	Revelation
Wise	Meaningful	Reason	400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	310	Optimism	Intention
Enabling	Satisfactory	Neutrality	250	Trust	Release
Permitting	Feasible	Courage	200	Affirmation	Empowerment

LEVELS OF TRUTH

LEVELS OF FALSEHOOD

Indifferent	Demanding	Pride	175	Scorn	Inflation
Vengeful	Antagonistic	Anger	150	Hate	Aggression
Denying	Disappointing	Desire	125	Craving	Enslavement
Punitive	Frightening	Fear	100	Anxiety	Withdrawal
Uncaring	Tragic	Grief	75	Regret	Despondency
Condemning	Hopeless	Apathy, hatred	50	Despair	Abdication
Vindictive	Evil	Guilt	30	Blame	Destruction
Despising	Hateful	Shame	20	Humiliation	Elimination



Anxiety

Anxiety vs Worry

Anxiety

Viseral

No problem solving

Can cause severe emotional distress

Worry

Focused on thoughts

Problem solving

Generally mild

Qualities of Anxiety

Born out of fear

Rooted in need for control

Take and give blame _____

Over-analyze

Catastrophize

Thinking in the future

Regret

Regret vs Remorse

Regret:

Negative emotion that leads to Internal Considering

Blames others

“If only”

Wants to avoid punishment

Thinking in the past

Remorse:

Can lead to External Considering

Moved to avoiding inflicting pain on others

Takes action to change responses, is future focused



Homework

- Read Maruice Nicoll's *Commentary*, "Emotions that Shut," October 6, 1951, Vol. 4, pp. 1498-1500.
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- Observe the states of anxiety and regret and their dualities: Are you thinking ahead (anxiety) or looking back (regret)? What is the effect on your body? Ask yourself: "What would I be without this thought?"
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- Practice [future memory](#): Set one for yourself for the desired outcome of some event. What does it feel like to be trusting?
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- Daily recite our prayer of gratitude as a form of [Self-remembering](#): *God's love has always met and will always meet all my needs.*

June Practice

This week consider adding deep breathing while touching the earth and engage your senses:

find 5 things you can see,

4 things you can feel,

3 things you can hear,

2 things you can smell, and

1 thing you can taste.

Say them out-loud, or write them in your journal. This may help to quiet your mind and give you space from whatever is making you anxious.