

An Effective Way to End Anxiety and Panic Attacks

If you are having a panic attack or are in just plain fear, there is a way to resolve it: engulf yourself in it intentionally. Allow yourself to feel it fully. This means to honor it, not resist it by trying to make it go away.

You will only strengthen the fear over and over again when you try in some way to make it go away. Do not wish it away. The rising of suppressed fear becomes a pattern. It needs to be given your full attention and your full acceptance. Giving it your awareness willingly is what will set you free from it. Then, regardless of what causes your fear, you will free it. This fear, the fear energy, is a literal being. Eckart Tolle calls this the “pain body”. Buddha calls it dak dzin. Mahavatar Babaji calls it the ego-identity. Some call it the devil. It is **unhealed pain and fear** from your past experiences which have accumulated. You are having panic attacks (or intense anxiety) for a good reason. It needs to be honored. Honor it like this:

Let the panic come and talk to it – that fear energy - as if it were literally a being – because it is.

- Tell it that it is okay to come out again and that you will now honor its feelings
- Tell it to feel as fearful as it wants and that you give it permission to
- Tell it that it has a very valid reason for feeling this way
- Then, after you say these words to it, repeat to it the following:
It’s okay now. I’m sorry. You are not alone, I am here for you, I honor your feelings.

Repeat these words of love, compassion and non-judgment again and again, until the panic subsides; and it will. It, your fear energy, is ready to be freed. That’s why it has risen and that is why you are feeling it now.

So, give it what it needs; your attention, your validation, your compassion, your non-judgment, your acceptance. Let it know its feelings are important and worthy of honoring and of giving it your time and attention.

This fear, which is a being in actuality, is there because sometime in your past, it did not get what it needed - love, compassion, validation, understanding, care, honor, respect and acceptance. This is what created the fear that you are ready to release more of again. Honor it now.

This is giving it, which is a part of you right now, the love it needs to be truly healed. Bringing awareness and acceptance to what you are resisting, whatever it is, is the only way to become free of it.

This article is an excerpt of a client's conversation with Jesus, who was coping with intense panic attacks and fear. Know also, that a physical condition may be a contributing cause of panic attacks. I suffered with panic attacks years ago when ill with mercury poisoning. So by all means, explore and deal with any physical causes as well. Yet I still used this technique to effectively deal with ongoing anxiety until my toxicity levels were successfully lowered. – Connie Fox