



“You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.” Buckminster Fuller

Anxiety and Resistance to Change

As I have previously described, the holiday period commonly brings an influx of clients with anxiety. There are many causes for anxiety, depending on the individual. There's no doubt that it's a debilitating condition that can lead to headaches, adrenal fatigue and malabsorption of nutrients. Food sensitivities leading to headaches and imbalances in the colon and the thyroid are all part and parcel for some people. This anxiety may be a condition that has been experienced for decades. Much of the work we have explored with clients in this regard, reveals feelings of low self worth beginning in childhood. Within this, some significant experiences lead into what may be describe as the condition of PTSD.

When a person experiences anxiety for decades, the patterns on the mental plane can be very difficult to change. There are also influential factors of both hereditary lines which may also overpower the changes. In one case, a client having experienced the most amazing, positive changes, suddenly reverted back to their original symptoms. On review, we discovered a very aggressive aspect on the ancestral line that was fighting the changes; despite us already working to clear both parental lines.

On the energetic level, working on the solar plexus in most of these cases is a significant part of clearing the root cause of anxiety and malabsorption of nutrients. The Solar Plexus chakra is connected with personal power; self esteem; centre of beliefs; fears; drive for success and organisational abilities. It has an anterior and posterior aspect. The anterior aspect is located in the soft area just below the sternum or breastbone and controls the stomach, intestines, pancreas and adrenals. The solar plexus chakra is the seat of lower emotions. The posterior aspect is thought to be an intellectual template and includes your unconscious beliefs about power, success and your worthiness. Through the anterior we gain knowledge of things seen and unseen, and based upon our belief systems, tap into the energies we need to make effective life decisions. Part of our gut instinct!

Recognising all this, the greatest challenge is often in changing the mindset of those who want healing. Conflict of acceptance to change, losing control and being afraid of the unknown, all play a part in any healing session. Although each individual has their own challenges, most do accept change. Acceptance then gives that individual the tools to hold onto the changes taking place, albeit at an unconscious level. Self denial and self righteousness ("I know better" or "what will I have in it's place?"), can also block the coalescence of change. So no matter what modality you use, no matter what tool, for whatever purpose, acceptance of change is the ultimate key.

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