



HOW TO CALM
YOUR WORRIES,
ANXIETIES,
AND FEARS
in a Time of Great Stress

Marilyn Gordon



A Powerful 4-Step Technique to Transform Your Thoughts and Feelings and Create More Inner Peace

PLUS

**1 Audiobook, 2 Audio Meditations, PDF and
10 More Inner Solutions for Your Life**

INCLUDING

**How to Meditate, How to Do Self Hypnosis, How to Visualize, How to Do
Special Breathing Techniques and MORE**

Marilyn Gordon

“I was blown away by this book! It's the best book I have read to help with anxiety and depression. Really lifted my spirits high. I'm a life-long believer and practitioner of self-help and self-improvement, and this book is special. Thanks Marilyn for writing this wonderful ebook!”
Raju Haque, Web Developer, Bangladesh

“A brilliant, approachable, helpful and beautiful e-book! Marilyn, a life transformation teacher and practitioner for decades, shares important mind-body-spirit and philosophical concepts and practices to help you get important stress and anxiety relief on all levels. This resource and work of art is perfectly timed during this cultural crisis. Easy, affordable, effective and quick techniques are desired to reduce anxiety, stress and fears and to empower hope and healing. This ebook ‘pops and glistens.’ It’s accessible and beautiful!”
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“This is such a compelling ebook, I wanted to keep on reading it and not put it down. It has so many powerful ideas and remedies for life now. It's a truly superb ebook! Right on target. Dianne Kathryn Short, Certified Clinical Hypnotherapist, California



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About Marilyn Gordon

I help you to resolve the important issues in your life and create extraordinary transformation and healing. I'm a life transformation teacher and author, speaker, healer and hypnotherapist in the area of personal and spiritual development. I assist you to move to a higher level of your life—as well as release your old patterns, habits, challenges and thoughts and be transformed and uplifted into the full greatness of your being.

www.marilyngordon.com

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HOW TO CALM YOUR WORRIES, ANXIETIES, AND FEARS *in a Time of Great Stress*

How is it possible to keep yourself in a positive state with all that's going on in the world right now? Do you get pulled into the undertow of negative news? Does your mind take you automatically to the worst possible scenario? Do thoughts about your own challenges and hurdles flow ceaselessly through your deep inner mind and get worse and worse as you think about them? Do you watch the news incessantly and let your mind take you into hopelessness?

Images of the Mind

You're not alone in this if you do. You'd be surprised how many people harbor worry and fear as their regular states of mind. Images sit in their heads as pervasive scenarios, negative thoughts projected onto the future. They are fearful pictures of

the worst possible outcomes. Some people feel that they protect themselves by preparing for the worst. But instead, they're really creating defeated scenarios with their worries.

The Different Kinds of Fears and Worries

Many people are afraid of the unknown. Others are worried about finances or health or even death. Almost everyone is listening to the dire messages from the media which are causing great fear. This stress hurts our systems, and so many people need to be loved and touched.

Some fear is instinctual and biological, reminders of when your ancestors lived in the forest in primitive times—and when enemies or seeming threats came near, adrenaline rushed up inside them that gave them energy to react. Another kind of fear is emotional. Sometimes you react to a current event in a fearful way because it reminds you of something that happened to you at another time in your life. Some fears are imaginary, like the worry scenarios of gloom, doom and ruin that may never happen. There are fears of sickness or death. Some of these fears are attempting to keep you from danger; others are blown out of proportion by an overactive mind.

A New Way of Looking at Life

The underlying remedy for too much worry and fear is to shift your mindset and consciousness, and know that there is an entirely different way of looking at the

world. Instead of focusing on the dark forest of the mind, you can bring your attention and your awareness to another level of mind, to a much more benevolent consciousness in which you see the possibilities that you are and will be all right, and that a lot of good is possible.

You can begin to focus on what's working and see that your future and the future of the world can work out as well. Even miracles can take place. It takes some focus to make this mindset change, but with your commitment to awareness, you can do it.

Remember that this does NOT make you ignore your situation. You keep on taking action and do all things necessary for improvement. It actually makes you more relaxed as you act in productive ways.

This is Not About “Not Feeling”

Some people feel you need to feel all your feelings deeply and then release them. There is so much grief, sadness, and fear now and so many things that are scary on the surface, and it is important to respect the depth of people's experiences. However, one Great Being has said that it isn't necessary to feel the greatest depth of our feelings. Many great enlightened beings feel that there is another level of truth. They feel that our feelings, like fear and sadness, are not the ultimate levels of understanding. There is a level of deep peace underneath the appearances, and you can see that these events are the play of consciousness on the stage of the world. We can uplift our vision to see that underneath the fear, anger, and grief there is an illuminated loving essence that heals.

The Great Shift

Others see that there is a major revolution in consciousness that is taking place called “The Great Shift.” Some have called “normal” the way things used to be before the cataclysms; others see that our world has not been normal at all, but has been filled with inequities, ignorance, toxicities, imbalances and more—and that we are now in the midst of the great transformation—the opportunity to uplift our world to a state of humaneness and spiritual evolution. They consider the calamities of our time as the experiences taking us ultimately to the next level of consciousness and human life on this plane of existence. It is time for the Satya Yuga, the age of great peace, to come to this world.

Let us Love Those Who Grieve and Fear

Let us extend our compassion and deep caring to all who are affected by the great calamities of our time. Let us also do our best to lift up the awareness of all humanity so that we can move to a new time on earth.

If You Want to Move to Your Next Level

If the transformation of your consciousness is what you’re about right now, this book is for you. It will give you techniques and tips to take you higher and higher into a profound reality. I have been through many fears, much grief, many losses and ups and downs, and I have been given the opportunity to move higher through all of it. Enjoy this book; it is for you!

Here is a four-step technique that will bring your fears, worries, and anxieties into a much more benevolent state and will give you a sense of inner peace.



Four Great Steps:

“THE RADIANT POWER TECHNIQUE”

This technique has four steps. You don't have to do all of them if one or two of them work fine for you. But all are here because each step is a remarkable jewel of transformation that can shift the way you feel and act –not only now in your current situation, but in any future situation that arises. The technique even clears up and transforms your past.

Here are the steps:

1. *Step One* is called “Completion,” and it's a specific ancient way to transform a pattern or inner experience by paying attention. More about this soon.