

USING THE KEY THE WHOLE WORLD IS MEDICINE

Anxiety



agitation tension uneasiness feeling bad heebie-jeebies jitteriness disquiet apprehension
concern/worry—typically about an imminent event or something with uncertain outcome disquietude perturbation shut down
nervousness misgiving ↘ butterflies (in one's stomach) the jitters twitchiness overwhelm stuck hopeless angry feeling blue
↘ desire to do something ↗ often accompanied by unease/insecurity ↙ ↓ fearfulness suffering unhappy

Anxiety and Depression—Antidote Calm the Mind with Non-Reactivity Medicine

Can I get it right now? Where do I find it?



OK, OK—please take a pause and read this.

The Whole World is Medicine

It's a beautiful life, an unlimited life, and every single one of us is born into it, lives in it, and dies from it — yet we're free all the way. There isn't a single moment that we're not free. But you can't use this freedom until you realize it, until you make it yours. Nobody else can do the job for you. That's why it's so important to go very deep into your sitting. It's there that you're going to find the key, the strength, the power to take care of your life. It's no small thing.

John Daido Looi, Roshi

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Finding the Key to the Medicine Cabinet

Anxiety is an aspect of the human condition. It is not our “fault” or a “character flaw”. It simply is. How we relate to anxiety can lead to suffering or can lead to freedom from suffering. Aversion to anxiety is often accompanied by mind/body reactivity and depressed mood states and actions that worsen how we feel.

Reactivity in relationship to anxiety can increase anxiety; we can feel overwhelmed by primitive brain habit patterns that tend to repeat themselves over and over again. How can we find freedom from these mind patterns? We start by making contact with them, many of which we've been carrying with us most of our lives, and as we do so we interrupt them. The interruption of reactive habit patterns allows for a new process, a new response, to emerge. The response?

**Freedom from reactivity!
What's the first step?**

A mindfulness pause is the key to the medicine cabinet.

and

A little humor about our human situation can help.

With mindfulness, “...meditation we also begin to develop a sense of humor. Humor is essential...and it is inevitable. If you do not have a sense of humor now, meditate for while and it will come, because it is impossible to watch the bizarre mind steadily and systematically without learning how to smile...”

Joseph Goldstein, Transforming The Mind, Healing the World.

The process begins with you.