

ON ANXIETY

The anxiety
that attacks mankind
is the hungry wolf
the ravenous wolf.

anxiety
seems to be the common denominator
of the people.

is there a justified anxiety?
is there an unjustified anxiety?
“anxiety is always unjustified!”

anxiety states
man’s absence of faith,
in what is God’s love.
“anxiety is absence of faith.”

anxiety doesn’t solve problems,
it worsens them,
it constructs or creates them
where there shouldn’t be any.

anxiety is communicative;
like any psychological, psychic wave
emanated by man,
anxiety too, the negative psychic wave
emanated by man,
radiates outwards
shaping and forming
other waves of anxiety.

the collective subconscious
that unaware base,
that is the interconnecting vessel of each human psyche,
is infected by the anxiety emanating
from person to person.

that’s why he who feels positive about life
despite its trials
despite adversity,
despite the coming
of painful events
must be able to emanate
waves of good,
waves of peace,

waves of faith,
waves of acceptance.

we always say
that the positive lived, emanated,
created by man's will,
is a wall to contain
that negative wave which,
easily and for very little,
would take, would engulf
the whole world.

anxiety:
the anxiety of not succeeding
the anxiety of not having the time
the anxiety of not making money
the anxiety of not knowing how to cope
the anxiety of being well
the anxiety of being ill.

man's anxious state
drives billions
to pharmacy counters
spread all over the world.

It has even lent its name
to a certain kind of drug
"anxiolytics".

how much money
brings man's anxiety to
man.

how much lack of love
how much loss of feeling
brings man's anxiety to
man.

why be anxious?
because man demands
wants, believes he can design his own life
and those of others.

man believes and wants and demands
total control of his own life
and those of others.

he doesn't want to accept
that he is a drop in the ocean
a grain of sand in the desert,
a speck of dust on the ground,
an atom or crystal of water in the sky,
in the clouds and in the rain.

man must fight against
his presumption.

that divine spark
that lies within him
brings him to a compromise
with life and with himself,
which suffering, tribulation causes.

it has already been said in the past
that we can't ask ourselves why
things are as they are.
we can merely exclaim:
"this is how it is."

and amidst this being of things
man obtains
not for nothing,
but through his active participation,
man obtains
the light of that divine spark
that was given to him at the beginning.

returning to anxiety:
there's the anxiety that the weekend's
weather will be fine,
as we won't enjoy ourselves otherwise,
we won't be able to do what
throughout the working week,
we thought and dreamed
about doing.

so isn't it quite reasonable
to worry about fine
or foul weather?

so let's not speak
of reality apart from man:
let's just speak of what's reasonable.

if we can't put a block with logic

on certain expressions of anxiety,
many of them
can even be
cancelled, and not just blocked, by logic.

can I be anxious
that my exam goes well?
can I be anxious
that I have accomplished
a certain task as I wished,
if I don't make enough effort
in my life,
in my preparation
for that exam
for that particular task?

anxiety must not attack us
for our negligence.

if you, man, are negligent,
you cannot have
the anxiety that all you desire
will not be realized,

but it is a mere statement of fact that
only in proportion to your effort
and your preparation
you will achieve the result you deserve.

can I be anxious today
that my health will support me
through tomorrow's illnesses?
because I see many of my brothers,
who in this time
of my good physical health,
suffer from serious, very serious
illnesses.

can I be anxious
about my future
in fear that for me too
the path is already marked?

even if it were so
your anxiety of the moment
could do nothing
to cancel or avoid
the path that awaits you.

can I be anxious
in the moment of physical sickness
about how the disease will develop,
the end of the illness?

everything happens to man
that must happen.

anxiety does not lighten the burden
it does not change the path.
anxiety increases the burden
and worsens the course
of every moment of trial
or correction
or of experience
that man endows with unjustified
anxiety.

your anxiety will not bring you
to recovery,
your anxiety will not delay that last moment
of the end of your days.

your anxiety will not keep off
the old age that creeps upon you.

your anxiety will not slow down
the fading of your youth.

your anxiety won't bring you
gains on the stock market

your anxiety will not protect you
from disappointment in love.

your anxiety will increase
amplify, heighten the power of
everything that could be
the cause of anxiety.

accept with faith
that everything that happens,
albeit with our participation,
albeit the expression of our own free will,
everything that happens
must happen.

each single individual needs
certain experiences
and those experiences are the juice,
all the life of the incarnation
that is experimenting.

no-one is abandoned to themselves.

everything is given to us:
help, comfort
whenever help or comfort
is needed.

everything is given to us.
the test, the pain,
the exam the moment it is needed,
everything is given to us in that first meaning
and in that last meaning
of which we will be totally aware
at the end
not only of this time
but at the end of all our time
to experience and to experiment.

anxiety is an emanation
from the negative part of man.

again we remind you
that man is
in the duality and in the life of opposites.

to see anxiety, to have courage
to face one's own anxiety
just like any other negative part
that arises from our being,
is to have the courage
to face one's own duality
and to bring together the opposites
into a unification of existence.

I can't exclude the opposites in me
I can't exclude my duality from myself.
but I can, with faith,
live the unity of my duality,
see the unity of my opposites.

I can live together with that duality

that presents itself to betrayal
when we don't feel prepared,
when we don't feel ready,
because man looks for distraction
man looks for fun,
but not as a break from effort,
but as bold oblivion.

man wants to forget
his precariousness.

man wants to forget
that he is merely passing through.

man wants to forget his
physical and mental sufferings.

man wants to forget
his nature of state of being.

and in this exasperated search
for fun, for escape,
for oblivion,
he is naked, he is stripped,
of that faith which
is the only thing to give strength,
the only thing to give courage
the only thing to give resistance and victory
over the aggression of negativity
and over the aggression of anxiety
and the anguish which follows.

let's look at our passing
let's accept our passing.
everything reminds us of passing:
from the nails that grow, that go;
from the hair that grows and that goes;
from the skin that constantly renews itself;
from the bone cells that continuously
regenerate.

from the trees that continuously
turn in that cycle of death
and regeneration.

from that seed that
tiny pin-prick though it is,
slowly becomes

a shoot,
shrub, tree, leaves, flowers,
fruit which in turn recall the origins
of the passing of the tree: they return to the seed.

everything is passing.
let's face the fear of our passing,
we will find ourselves more prepared
in the moment that our own time is complete.

let's nourish ourselves on that which is
our real truth.
let's nourish ourselves on that faith
that sees the man pass through time
still and immobile,
in apparent becoming.

let's nourish ourselves with that faith
let's seek out that faith
because only that faith is certainty,
only that faith is peace
only that faith is eternity.

in that faith all our affections
live on.
in that faith all of what our efforts mean
is explained.

in that faith we all find ourselves
without difference or discontinuity
in that existence that is
our spirit nature, of love.
of absolute.

if the divine spark is given,
faith is obtained.

if the divine spark,
unknowingly
leads us to faith,
faith knowingly
leads us to recognition
of our divine spark.

light is not darkness
and darkness dissolves in light.

but because darkness

can be dissolved by light
there must be darkness!

in faith, o man,
don't think you won't feel anguish,
you won't feel anxiety,
you won't feel fear.

but in faith you can take
that anguish, that anxiety and that fear away,
and keep them far from you.

faith does not shield you from life's trials
but faith is the way to overcome
the trial of life.

amen