

Anxiety cannot be created nor destroyed

only converted from one form to another.

By the end of this document, I hope you gain a perspective you have never heard of before. The law of conservation of energy states that energy can neither be created nor destroyed - only converted from one form of energy to another. This means that a system always has the same amount of energy unless it's added from the outside. If the universe is always expanding why would someone choose to contract?

We are born into a frequency that shapes how we think about the world. Our experiences will stay the same until we decide to redefine the way we feel about our experiences. All forms of the same thing are based on internal perception. Yes, pain hurts, and it sucks to be afraid. This pain can be turned into power and this fear into fire. Being afraid is a superpower once you understand that being afraid doesn't mean you need to be scared. Expand into your dream, or contract into your nightmares. Remember, your worst nightmare is someone else's dream. Center the self at the center of self. You know why you feel what you feel, now gain control over these feelings. We are going to do something with them.

Every action has an equal and opposite reaction. We covered this already and put it in relation to anxiety. If you believe you have control over your actions, you will be one of the few people who can escape the realm of anxiety. Not everyone has the chance to conquer their fears, but you will after you finish this entire website page. This anxiety you are feeling will become a different form of the same thing. Einstein's observer effect proves that the exact parallel to your reality is in fact equally true and possible. The observer effect is the phenomenon in which the act of observation alters the behavior of the particles being observed. This effect is due to the wave-like nature of matter, which means that particles can exist in multiple states simultaneously. They are the thoughts that you have been taught to think. Everything you know and believe about reality is created by your internal energy, and it must align with what you believe it is.

Think about jumping out of an airplane. One person is afraid of heights, and the other person has jumped out of a plane more than 500 times. One person experiences stagnating fear and the other, enjoyment. You are allowed to overwhelm yourself with feelings, however, if those feelings may prevent you from experiencing the reality you may want, pause for a second.

Think about the thoughts you have been taught. Why do you think these thoughts about those things? You might want to take a second and be honest with yourself here. Are you afraid to start a company? Afraid to go to the gym? Afraid to start YouTube because you're worried about jimmy down the street? These are your thoughts, only you have control over them. Hint* knowing the thoughts of others helps you understand your own. This is why reading books is extremely important.

As above, so below? Who knows what's true until you know it's true?

(1) An object at rest remains at rest, and an object in motion remains in motion at a constant speed and in a straight line unless acted on by an unbalanced force.

(1.1) The object in this scenario is the self. Motion is a representation of the routine encounters we have grown accustomed to. Straight lines are thoughts that we have been taught to think in order to get through what we call a day. Anything that generates vibrating energy that we can perceive has the possibility to change our condition of rest is the unbalanced force. Our perception of the motions generates which force is applied. Forces can only be positive, negative, or neutral. What was previously thought to be happening is actually what is happening because your thought energy is what balances your reality. You remain in resting motion at a constant level of awareness unless a positive or negative force interacts with you.

We project our thought energy onto others' movements and sounds based on what we believe they mean. It is not what you see or hear that matters; rather, it is what you know about what you see and hear. The subconscious scripts that created our version of reality are resistant to change. This resistance implies that whenever you learn anything new, an imbalanced force is produced, but reality must remain in a straight line. Your straight line is affected by this positive or negative force, which will change how your ideas flow. We will always try to maintain equilibrium and keep thinking clearly in order to balance reality. This state of balance determines all actions and reactions. Without a straight line of action and reaction, one would be unable to clearly think outside their current understanding.

Anxiety is frequently caused by unbalanced forces. This anxiety manifests itself as expansion and contraction in the form of an experience. The expansion of one's self into unknown territory will always cause anxiety at some point. This anxiety is an expansion in which the feelings you experience are unbalancing your reality in order for you to improve your reality. How does one know what balance truly is until they have it? Did you remember learning to balance your feet as a child? No, unless you have some serious baby memory lapse problems. Our emotions are subject to change based on which condition of rest is disturbed. If one has

become accustomed to using anxiety to improve their life, the other could have equally been using it to decrease the quality of their life. Anxiety is a different form of the same thing.

Consider something in terms of time. What would it look like if we started looking at an experience as if it were timeless? Something happened in the past, but it now exists in the present outside of time as a trigger for your anxiety. Anxiety sometimes takes control of your entire present moment which determines the future. This determining factor of the past created your present and just changed your destiny. When you recognize that you have the power at any moment to redefine everything you tell yourself, this is when you finally learn to be free.

If you've all developed an unhealthy relationship with anxiety, you may be afraid to confront it. Knowing that anxiety is a completely normal experience is important, but how you interpret it is crucial. Thinking it is a normal experience to feel stress. The mere thought of anxiety prevents one from having an experience while providing another with an experience of a lifetime. We will never understand how to feel if we do not address our feelings. The anxiety caused by this lack of feeling disconnects us from the experience. The greater the disconnect, the greater the potential anxiety. This anxiety could be brought on by trying something new or reliving an old experience. The past gives rise to the present, which is currently constructing the future. Nobody else's anxiety is yours. Only you know what you're feeling and why. This is another reason that perspective is important.

Let's say that you get a text from someone that you love, and they don't want to be with you anymore. Could this cause anxiety for that person? Yes. Could this also cause pain? Yes. This also might break your heart and kill you. When we are stuck in a moment in time, we block the flow of feelings to allow ourselves to fully understand how we feel. This is the moment when we feel anxiety. We may also feel pain. This blockage creates a stoppage in energy which is meant to flow. Have you ever considered how long you expect this blockage to last before it disappears? It doesn't matter why you're feeling this way; all that matters is that you're aware of it. Once you realize you are the one who feels, you can learn to understand those feelings. They are yours, and you will have them for the rest of your life.

We will speak of flowing energy and more physics in the following PDF.

Please consider reading this book before moving on to the next module on the mindset page. Assuming you would like your straight line to become further unbalanced.

I have read this book over 45 times. [Living in Illusion and the Fear of Truth](#)

If you look below this line, something exists for those who seek secrets.