



I am not a medical or mental health professional. I am sharing a meditation process that works for me and that I pray you will benefit from learning.

Guided Meditation to Stop Worry, Panic and Anxiety

With prayer and meditation, I was able to stop the worry train and in time, panic attacks too. I started using meditation as a means of replacing my worry by refocusing my panicked mind.

If you are experiencing worry, panic or anxiety attacks, I pray you will find this guided meditation helpful. Please sit comfortably in a quiet spot, I know your mind will be racing, and you won't want to, but please sit down. Imagine I am there with you and guiding you through the steps below. Practice this guided meditation several times before you need to use it.

Don't close your eyes, instead, find something in the room with a lot of detail to look at. A painting or photo is best. But anything with details will do.

- Inhale slowly through your nose, exhale slowly, I know your heart is racing and you are breathing rapidly right now, but please try, you can do it.
- Let your shoulders drop, let your arms rest naturally by your side and keep your posture with a straight back. Continue to breathe slowly in through your nose and out through your mouth. I know you can do this.
- Now, look at the photo, picture, or another object in the room. Worry beads will work too. But instead of the details of the beads you will describe the movement, noise, etc.
- Focus on the strokes of the paint, the colors, the littlest detail, and study it by saying either in your mind or out loud, what you see. For example- the strokes of the brush add depth to the waves, the trees are tall, and the sand is white.

You will do this until every detail has been described. I know you may still feel panicked, anxious or worried, please give it to God and just keep describing in detail.

- Continue monitoring your breathing, in through your nose and out through your mouth slowly (no rapid breathing). Yes, your heart is still pounding. But, "I've got you", you are not alone, you can do this.

Continue this process until your breathing has calmed and your mind has refocused on the object, painting, etc.

Yes, worry, it is a part of life, meditation and prayer can't remove all of it. But, when it gets overwhelming or a panic attack is "ramping up" we can stop that train from ever leaving the station.

This process takes time and you will need to practice. But I know you can do it!

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