

The Conundrum of the Anxious Mind

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*Often the anxious mind causes us to wonder about the why's
Not allowing separation from then and now
Thoughts of defeat, extreme
Distance found between our true destiny and the falsities of the world
Thoughts of winning, doubtful
Fear frequently taking over
Thoughts of conquering the day, unknown
A glimmer of hope sprinkled throughout each second, each minute
Constant decisions to be made, when you are simply just trying to seize the day*

Today, what space are you in?

<p>Out here Wondering.... Why are things so stagnant? Why are things so slow? Why is life so stale? Will things ever change for me?</p>	<p>Double Doubting! Triple Doubting! Doom stays at my door! They say opportunity comes knocking. Hopefully it stops by once more!</p>
<p>I am afraid. I am anxious. Yet, I am READY for change. I have done the things needed. I have planned. I have prepared. I know I am the best version of me. I just have to outwardly show it through my actions and decisions that I make personally and professionally. I will be seen. It's in how I will confidently carry myself. It's in how I will choose to use my voice. Yet, I am still afraid but I know I am everything amazing.</p>	<p>Dear Anxious Mind, I am here to reclaim this day. With zero regrets! Signed, My Fearless Soul</p>
<p>Free Spacing-Just Existing Null of thought and Numb to it all Needing to be replenished</p>	

