



### **3 Simple Steps to BE Worry Free!**

Have you been worrying about anything today? Or is the better question, have you stopped worrying since yesterday? or last week?

Worrying is the human thing to do. We're taught to worry and fret about **everything!**

After my dad, Big Jim rode a Harley into the light of God to hang out in the angelic real in spirit form, he took classes (in heaven) to help me with my spiritual work. One of the first things he did when we began working together that rocked my world, was ask me:

***"What does worry do to enhance your life?"***

Of course, the answer is: NOTHING!

When he asked me that, I could see the futility of worrying. BE-ing human, I immediately whined about how much time I wasted worrying. He was patient, then when he had my attention again, he told me I just needed to STOP.

STOP? ....How?...

Most people don't know that suffering through worry is not necessary to live a responsible, happy life. Quite the opposite! Worry robs you of your joy and attracts to you more to be worried about!

So what is a limitless spiritual being hanging out in a human body to do?

**1. Identify what worry feels like in your body** - Worry energy is sneaky - especially since its been an almost constant companion to us since we learned to walk. Close your eyes, take a deep breath and think about something that makes you happy - identify where you feel that energy in your body and just what it feels like.

Then think about something that you're worrying about - identify where you feel that energy in your body and just what it feels like. This identification will help you to know when worry is marching in to take over your life so you can stop it. Make a mental note: When you FEEL this energy - **RED FLAG!!** - you're worrying, now you have the knowledge to change your reality by:

**2. Choose to stop worrying** - Didn't know you have a choice? Trust me, you have a choice - no matter what is going on in your life (*no matter what it is!*) you have a choice. YOU have the power to put the brakes on "snarly -makes you feel helpless" worry energy and take your power back by simply CHOOSING to STOP worrying! See how small it gets when you CHOOSE - its losing its power over you!!

**3. Choose the outcome you REALLY want instead of the one you're worried about** - YOU are the **Master Creator** of your universe. When you feel worry energy sneaking in (and it IS sneaky - its been a part of your life for so long, its a "normal" way of BE-ing) - choose to STOP worrying and go back to that happiness energy you identified in Step 1. Shift from yucky worry energy to yummy, YAY happy energy.

I know... when you're worried about something - there is a reason, gosh darn it and being happy is just wrong when you're worried about something.

Hold on... the nitty gritty about worry and joy (happiness) is this:

\*\*\*\* Worry will block you from BE-ing aware of your options available to you to change the situation you're worried about.

\*\*\*\* Worry will put a wall (of low vibrating painful worry) between you and the person or situation you're worried about - and no matter how hard you try, that wall of pain is insurmountable.

TRUTH: The *responsible* energy to live in is one that is worry-free.

\* Without worry your path of options is illuminated to change the outcome of your relationship/situation to the highest good for all concerned.

\* Without worry you can communicate with another person without the worry wall being between you and its easier to hold them in the light of being capable of making the best decision of their highest good. AND... without the worry wall, they can feel your love and support.

These 3 steps are simple, simple, simple! AND... you may implement them NOW!

I hold you in the light of BE-ing Worry Free - fully in your power to transform worrisome relationships and situations to joy-filled, happier outcomes!

In love and light,  
Kate