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Meditate with Virginia

Wednesday March 10, 2021 at 7:00 pm MST

We often live in anticipation of some future event. We usually experience anticipation as either *excitement* or *fear*. The impact of this anticipation on our lives depends, as always, on how we choose to think about it.

Example:

You have been anticipating the availability of vaccines for COVID-19 for months - and they're finally here! Now you are faced with the choice of receiving a vaccine or not. You research advantages and disadvantages of the vaccines, then schedule an appointment to receive yours as soon as possible. As you await your appointment's arrival what thoughts could you choose?

When you choose to believe that the vaccine will protect you from COVID-19 you await your appointment eagerly. This is anticipatory *excitement*. When you choose to believe that you will experience serious side effects from the vaccine, but are going to receive it anyway, you await your appointment with some degree of dread. This is anticipatory *fear*. Either choice is absolutely fine, but each has a very different impact.

Research tells us that both anticipatory *excitement* and *fear* elicit responses in our mind and in our body. But anticipating an event with *excitement* tends to *increase* our health and well-being, while anticipating it with *fear* tends to *decrease* our health and well-being. I can see these effects in the aura.

I can also see in the aura that there is a cloud of fear surrounding the Earth, created by the accumulated fears of humanity. We all experience the adverse effects of this pervasive fear - whether we realize it or not. And when we choose to anticipate something with *fear*, we send out energy that *intensifies* that cloud. When we choose to anticipate with *excitement*, we send out energy that helps *dissipate* that cloud. Watching this process in the auras, makes it evident to me that how we anticipate events in our life does make a difference, to us personally and to the world as a whole.

We have the ability to choose whichever approach serves us best – anticipating with *excitement* or with *fear*. You can facilitate the process of choosing your desired perspective by:

- being aware of when you are anticipating something,
- learning about both sides of the anticipated event,
- making an *intentional* choice of whether you will anticipate the event with *excitement* or *fear*, and
- proceeding to reflect your choice of perspective in the words you speak and the actions you take with respect to the event.

From that point, all it takes is practice.

Reflections

Watch: “Fear is Excitement...”, by Optimize with Brian Johnson

Link: <https://www.youtube.com/watch?v=clJfIRSb6LQ>

Reflect on the following:

1. Think of an event that you are anticipating.
2. Draw a picture, in color, of what you feel like when you imagine anticipating the event with *fear*.
3. Draw a picture, in color, of what you feel like when you imagine anticipating the event with *excitement*.
4. View the drawings side by side. Does one drawing appeal to you more than the other? If so, which one? What is it that you find appealing about it?

Meditation

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Then meditate on the following, or just let yourself drift if you prefer.

1. Set a timer for 30 minutes. Make yourself comfortable in a quiet place.
2. Imagine an event that you are anticipating.
3. Consider different thoughts that you *could* associate with that event.
4. Choose one of those thoughts that causes you to feel *fear* and hold it in your mind for a moment.
5. Then choose one of those thoughts that causes you to feel *excitement* and hold it in your mind for a moment.
6. Now choose *one* of those two thoughts to focus your attention on. Observe, then experience, the energy that you generate and send out as you think this thought.
7. After 30 minutes, gently come back.

Whether you anticipate your future with *fear* or *excitement* does impact your own health and well-being, as well as the health and well-being of the Earth and those who inhabit her with you. You always have the right, and the responsibility, to choose thoughts that manifest the feelings that *you* want to have about your future.

With Love,

Virginia

Please note: I am, and always have been, nondenominational, interracial, nonpartisan and multicultural. I love and support *all* people equally. I choose particular songs and videos only to help communicate aspects of a broad, all-inclusive message of Unconditional Love.