

Maggie Message Day 2: Healing from worry

Seema: Maggie, today I want to ask you about worry. And whenever I have these feelings about worry—worry for a family member or a friend or something I feel I need to accomplish, I'm not sure I'll be able to get this done. How can I move through this and come to a sense of peace?

Maggie: Beloved child, beloved sister, let's look at this together. I am so happy that you are inviting me in to help heal your mind.

Worry is a weed that really needs to be pulled out of the garden. Otherwise, the garden will not flourish. The garden, of course, is your mind. And this is the mind that holds all of the thoughts, ideas, concepts, emotions, perception and desire. Worry can be in the forefront of your mind. Or it can be like a background hum that you may try to ignore. But it's somewhat there and taking up space and energy.

Worry is fear, a form of fear. Yet sometimes in the different roles you might be playing as a mother, daughter, a coach, a guide—you may feel that worry is actually okay. It's a way that you're concerned. But let me remind you—there is no love in worry—only fear.

So, then you might say, "Well how can you not be worried given certain situations that a beloved family member might be facing, or things that seem to be happening in the world, or with friends." But I am here to help you access and harness the full power of your mind for healing. And I want to help you utilize 100% of your mind towards love and healing, and not drain in worry. It's like the weeds that need to be pulled out of the garden. Otherwise, they will not allow for the foliage and the trees and the flowers to bloom. Worry is like that.

If you can understand that worry is a choice; fear is a choice; love is a choice—and you do have that power of choice—then it's a matter of helping you see what it is you're choosing. As always, the emotions seem to be related to what's going on outside. "I'm worried because of this. I'm worried for this one. I'm worried that this outcome may happen or may not happen."

Yet deeper within are the thoughts and the beliefs and your desires. So, what do you want to see happen? What is the outcome that you are aiming for? And if you can learn to separate out the outer manifestation from the inner peace, you will not feel this anxiety that things have to look a certain way to be okay, to be at peace.

This is hard for you to understand in this human realm. And a part of you might really protest this and fight this. "How can I not be worried when XYZ is happening? How can I not be worried when a beloved family member or friend is facing this circumstance? I must worry."

It may seem to not worry is to not care. But I assure you, *there is no love in worry.*

Worry is saying that, "I am afraid that you do not have the resources to handle this situation, so I am worried for you." Worry is false empathy. It is weakening the person that you are worrying for. It is broadcasting a message that they are not equipped to handle the circumstances before them. Or that the love and light and peace, which is what you truly want to share with them, is not sufficient to meet that challenge.

So, in worry you weaken yourself. And from this space of weakness, you send out NOT love—you send out fear. And that is weakening.

So, again, what is your desire? What is it that you want to share with your beloved family member, your friends, the whole universe? What is your desire? And I know that your deepest, deepest desire is for love, is for peace, is for harmony. It's that the beloved feel so much love, so much support that they be taken care of; that you may even see me or the guides, the gods, the goddesses, whomever you feel is your source of refuge and peace, is with your beloved family member, your beloved friends. That they are not alone.

Now see how that feels—your desire for peace, love and joy and comfort and support to surround your beloved. Or worry. Which would you want to send their way? Because the choice, dear brother, dear sister, is yours and yours alone. From the highest realms, we are here to empower you; to help you use the power of your mind to create as you were created—in love. And in love there is no lack. And so, the choice for worry—can you see? It's making a choice that you ultimately don't really want. If your desire is to feel happy, to be at peace, to be an agent of support, love and light, why would you choose worry?

Your responsibility is to take care of YOUR mind and attend to the garden of your mind—uprooting the weeds that take up space and energy. And then, extend that fullness of love to all that cross your path—knowing and trusting that you can call upon us to help you with this. And also, call upon us to join you to send love, light and peace to all the beloveds in your life and beyond. Everyone is supported. Everyone is protected. Everyone is guided. No one is alone. Rest in this knowing. Rest in this knowing. And choose love. Choose love for that is the only choice that will bring you peace.