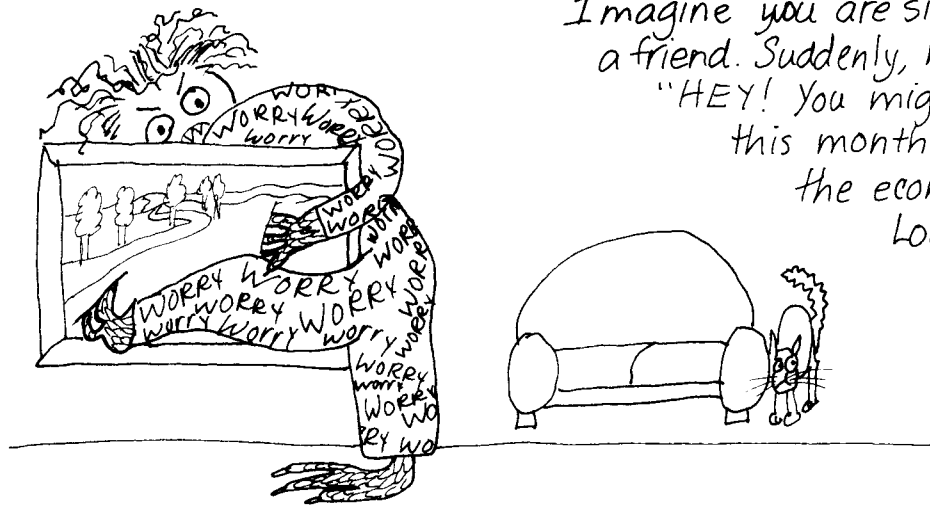


# Keeping WORRY out of the BIG Picture of life



Imagine you are sitting on a park bench with a friend. Suddenly, he/she shakes you and says: "HEY! You might not make enough money this month to pay your rent! And if the economy stays bad, you might lose your job. And I noticed you're looking old and haggard!"

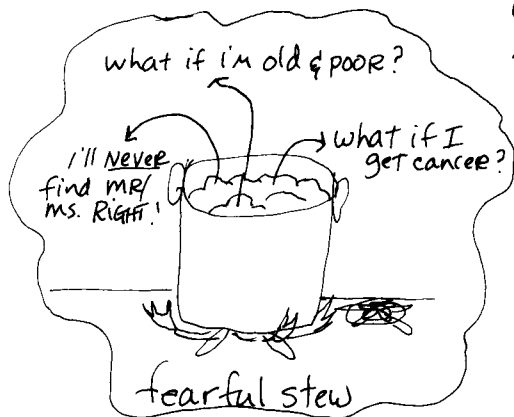
Do you choose to spend time with people who scare you? That's what we do when we worry.

If SOMEONE ELSE suggested the very same things that our worry monsters whisper in our ear, we would likely fire them as friends.

Here's a few ideas for Keeping the monsters OUT of our Big Picture:

★ Prayer is an antidote to fear. In prayer we impress the truth on the subconscious mind.

★ Bring in a TRUCKLOAD of humor. Acknowledge how creative you are for cooking up such a fearful stew! Draw a picture of your stew and label the ingredients. Imagine you're watching it on T.V..... IT'S a cooking show! Now, change the channel. Worry is hazardous to your health.



★ Don't allow yourself to be swayed by outside conditions. You are a creative power. All circumstances grow out of thought.

★ Just as in juggling, where the bowling ball is the natural enemy

of the Raw egg, worry is the natural enemy of peace of mind. We need to guard our peace of mind as we would an egg, keeping our thoughts in alignment with our desires.



★ Surrender negative thinking (fear, worry, etc.) to God. DAILY. Say to yourself "I am God's enterprise and God cannot fail!"