

How to control Anxiety & Panic

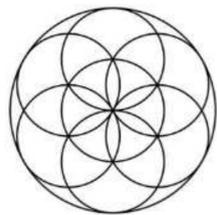
Control
personal and
impersonal
energetic
attacks

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How to control Anxiety and Panic

A step by step guide:
Control personal and
impersonal
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Starseed Solutions

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SMALL STEPS TO BIG GOALS

In this step by step guide you will learn a quick and easy technique that will put you in control of acute or chronic anxiety and panic. The goal is to get you through oncoming, instant overwhelm so that you can remain in control of your daily life and activities. This quick and easy technique was developed and currently used by my Melanie Aguirre, a Quantum Healing Hypnotherapist located in Albuquerque, New Mexico. Melanie has had over ten years of experience with energy healing and two years of experience with Hypnotherapy. She is an artist and psychic medium that has a passion for helping individuals find the power of their true potential for self-healing. She developed this simple technique to minimize the outside chatter and energies that can over stimulate the nervous system. When the oncoming energies are too much to handle, we need to remember that we are in control of ourselves, nothing else. So why do we continue to let these energies interfere and disrupt our lives on a daily basis? We forgot that we are in control. It is time to become aware of the present moment and learn how to take back your power back. Reconnect with yourself in this simple and easy technique.

"Get on the path to self-discovery. Find your truest and highest potential. Easily, Effectively, and Instantly."

-Melanie Aguirre



WHAT IS AN ENERGETIC ATTACK?

BE THE FIRST
TO DISCOVER IT ONLINE

An energetic attack can be classified as chronic or acute anxiety or sudden panic attacks.

There are lots of research on anxiety and many are still confused about where it can originate from. Depending on your lifestyle, diet and surroundings there can be many reasons why someone may experience anxiety or sudden panic. What do I believe? I believe that the simplest things can take an effect on us energetically, emotionally and spiritually. From the food we consume to the company that surrounds us. Even walking into a store or restaurant can be overwhelming.

There is truth when I say that anxiety is also connected to mediumship. From my own personal experience and research when deceased souls attempt to contact us, we are hit with sudden intense feeling that feels like anxiety. This is up to you if you want to acknowledge them or not. If you feel called to speak to them this is another practice. If they are not welcome you can tell them to return to the light.

There is also truth that Empaths and Clairsentients can feel the emotions, pains and details about another without even realizing they are capable of this ability. This can be confusing at first because we do not know if this emotional upset really belongs to us or if it belongs to someone else. If you experience this you could ask yourself, does this feeling belong to me? And go from there.

It can be challenging to discern what is truly our emotion versus someone else's emotion. Empaths have a harder time in larger group settings because sensitives can feel the energies of one person or one million people. Being aware and present in the moment is the best gift you can give to yourself.

It is important to have a moment to take a few deep breaths in and out slowly. Getting in tune with your senses and giving yourself a chance to listen to the silence. Taking a few minutes out of a busy day can seem impossible at first, but it is the reconnection to oneself that will start to tame the chaotic energies that we face from time to time.

It is important to be present in the moment. Being grounded in one self so that we can live healthier lives so that we can help ourselves and our loved ones.

When we are hit with a sudden overwhelm of energy, this indicates that energy is stuck and our attention needs to be present. Let's pay attention to this. Once we take control of this attack, we are given the opportunity to transmute these unwanted energies away from the physical body. Resulting in quickened and sometimes instant relief.

Now, let's get started on the easy steps!

JUST REMEMBER

*You are in control
of the present
moment.*

Step One

B E C O M I N G P R E S E N T

Practice being present in the now moment and learn to observe yourself without judgement or analysis.

When you are in tune with yourself you will have an intensified awareness to your own personal needs. Are your needs being met?

Taking care of yourself and your needs should always come first. This can be difficult when you have a demanding life of expectations and deadlines. Make yourself a priority anyways and always. A helpful tip is to redirect yourself from potential distractions that could block you from your potential.

When you start to become aware of yourself then the surprise attacks won't be a surprise anymore. You will be able to see the energies coming in advance and you will know how to manage them effectively.

Step Two

B E C O M I N G A W A R E

Becoming aware is a very important part of this exercise. Once you become aware you will be able to identify the energetic attack instantly.

This giving you a complete advantage.

Become aware of the typically reactions that you have had in the past compared to the action that you would like to take in this current present moment.

What do YOU do when these feelings hit you suddenly?

Some may escape the scenery and move to another location giving the illusion that they are leaving the emotions behind. Some of us will freeze in the moment, this allows the emotions and energies to take over us, giving them control.

When you become aware of how you react without judgement or analysis, you will be able to take on the next step.

Step Three

T A K E C O N T R O L

Once you are aware in the present moment you have the chance to take control.

Making the clear decision to take your power back is the easiest step. This is done with intention and determination.

Are you strong in your power?
YES, YOU ARE!

We have the ability to rewire our mind, body and spirit when it comes to the energetic disrupts. This also takes patience.

Taking a few deep breaths and visualizing your roots growing deep into the earth can help with grounding this intention and decision.

Step Four

INHALE + VISUALIZE

Here you will have some easy breathing and visualization to do.

With your eyes closed, inhale slowly and deeply.

As you inhale slowly and deeply, at the same time visualize the scattered energies drawing and pulling in to your center like a magnet.

This central location on your body is important.

Some of you may see the colors of the energies and the colors may change. This is normal. Notice the colors but do not analyze them. It is not necessary for this exercise.

Step Five

EXHALE + VISUALIZE

Exhale slowly and visualize a pale of white light being poured over your head and down over your body. Coating and surrounding you with white light, about 3-6 feet.

This energy protects you and keeps your energy protected through the duration of this exercise. It would not be a bad idea to use this visualization throughout your day even when you may not be experiencing an overwhelm in energies. This can also help prevent anxiety and panic.

See this healing white light flow over you and spilling into the earth.

The natural flow is abundant with healing light that travels down into the Earth, transmuting the energy into something better.

Step Six

REPEAT + RELAX

If you are standing this is the best way to release the energies. This allows the energies to flow naturally without blocks or obstacles. Hold space for yourself, it is important.

There is no rush when it comes to conscious healing.

Take a minute here if you need. With each breath you take you will notice and feel the unwanted feelings starting to vanish.

Remember, the white light surrounds your physical body and Auric field naturally. Keeping you safe and protected.

Let the energies flow back to Mother Earth so they can transform into something better.

If you are not used to visualizing and controlling your breath, this may be initially difficult. A perfect practice makes a perfect practice! Take your time and be gentle with yourself.

Open your eyes in your own timing. Remember to not rush this breathing and visualization process.

THAT'S IT!

NOW YOU KNOW HOW TO TAKE CONTROL OF ANXIETY AND PANIC

Now that you know this powerful way of decreasing and minimizing the anxiety and panic, keep this in mind for the next time that you are feeling defeated.

It does not matter where we are in the moment, it is vital to take a breath and take a break when needed.

Selfcare is our ultimate priority to improve our longevity and our health. If we cannot take care of ourselves, how can we care for others?

You are the most important person in your life. Start taking back your power today.



Stop drowning in the anxieties and panic- Be present, be aware, take control, breathe and visualize.

The support you need: Please send feedback on how this has worked for you. If you have questions concerning energy healing or hypnosis, please send your inquiry via email to Donatetocreate@gmail.com