

Spirituality and Anxiety

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When we're anxious, we can also begin a bottom-up flow over the new bridge. This activates something deeper than our top-down thoughts. When we begin to breathe slowly, especially if we have regularly practiced pairing breathing with a state of mindful acceptance, the body begins to move toward what researchers at the HeartMath Institute call "psychophysiological synchronicity." This fancy term just means that as we surround anxiety with acceptance and nonjudgment, the body begins to realign its basic rhythms (such as heart rate variability and blood pressure) in a way that leads to a bodily state that we experience as more calm and centered.

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